On this sacred floor blessed in the ancestral ways of the Coast Salish Nation, I make the following promises:

I promise to take care of myself in a good way. I will eat healthy, be active, get rest every night, take care of my spirit, and to be respectful of tobacco and other substances. In taking care of myself, I will serve as a health champion and show others in my family, community, and circle of friends and co-workers how to take personal responsibility for wellness.

I promise to respect myself, my family, and where I come from. In respecting myself, I will respect all living things. I will understand that every living thing has a purpose. As I do my work, I will be mindful that health and wellness requires clean drinking water, and healthy traditional foods. I will respect the values, ideas, opinions, and beliefs of others.

I promise to overcome fears and doubts and support the work of transformative change. First Nations Elders, Leaders, and Citizens want the best of the two worlds in which we live. First Nations Citizens want the best of their traditional medicines and sacred ceremonies. And, First Nations Citizens want the best of modern medicine. I will work with my colleagues, partners, and others to transform the sickness system to a wellness system.

I promise to be accountable for those things that I say and I do. I will be accountable to myself, my colleagues, and to the BC First Nations and Aboriginal peoples that we serve. When I make a mistake, I will own it. I will do my best to learn from my mistake. I will do my best to make it right with others when I make a mistake.

I promise to be the best person that I am meant to be and I commit myself to the Vision, Values and 7 Directives confirmed by BC First Nations leaders in carrying out my work as a Director. In doing so, I respect and acknowledge the cultural values, practices, and beliefs of all First Nations in BC. I commit to work as part of the Board as a whole to provide the leadership required to build and conduct the business affairs of the FNHA in the best interests of First Nations in BC. I agree to work through the First Nations health governance structures that have been implemented for BC First Nations. I approach the work with integrity while upholding the highest ethical standards. As a member of the board I work to contribute to the collective leadership required to direct the FNHA and to protect the integrity of the organization at all times. I commit to respect and support the lines of communication, authority and accountability necessary to ensure a healthy First Nations Health Organization. I commit to the time required to fulfil my roles and responsibilities as a board member, and will uphold the accountabilities to the FNHA members.

Signature

Witness

Print Name

Date

August 5, 2015