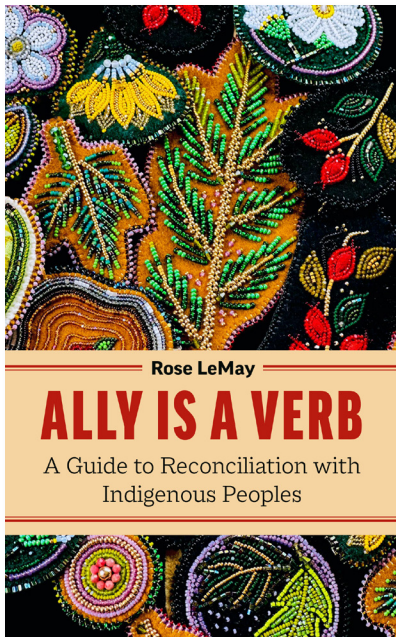


ALLY IS A VERB

A Guide to Reconciliation with Indigenous Peoples



Your next step on the journey of reconciliation starts here

WHAT CAN YOU DO to be a better ally for your Indigenous colleagues, community members, and friends? By actively listening to the history and current lived experiences of Indigenous peoples, you can take steps to address the inequities they continue to face. Author Rose LeMay notes that if you continually educate yourself, you will see many opportunities to be an ally.

In *Ally Is a Verb*, LeMay describes the key principles to promote reconciliation, deepen your practice of allyship, and contribute to meaningful change. This insightful book suggests how to enter the field of reconciliation in a good way, in your community and your workplace. You will learn the following:

- More about the true history shared by Indigenous peoples and colonial governments
- Why reconciliation is mostly the responsibility of non-Indigenous people
- Approaches to intervene when you see racism happening
- Better ways to respond to emotions that come up when doing the work of an ally
- How to be an active team player for equity and inclusion

ROSE LEMAY is a speaker, trainer, and coach on reconciliation—and an unrelenting champion for the inclusion and wellbeing of Indigenous peoples. As a facilitator and trainer in cultural competence and anti-racism, she has supported thousands of Canadians from coast to coast to coast to deepen understanding and capacity for reconciliation. As a keynote speaker, she can take people through difficult topics of racism and reconciliation to find common ground and hope for the future.

LeMay has over twenty years of experience in policy and program development in health and mental health systems in government and the non-profit sector. She is an alumna of the Governor General's Canadian Leadership Conference, Certified First Nations Health Manager, certified in Prosci Change Management, and a 2021 Global Pluralism finalist. LeMay is from Taku River Tlingit First Nation in northern British Columbia.

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