

How Inuit Qaujimajatuqangit (IQ) Values Contribute to Healing

September 23, 2026

10:00-10:45am MT

This session will offer an overview of who the Inuit are, our history, and the importance of Inuit Qaujimajatuqangit (IQ) Values. These values shape Inuit identity, our communities, and cultural connection. They offer us guidance in all areas of life, including healing.



Learning Outcomes:

- Who are the Inuit
- Intro to the Inuit Qaujimajatuqangit (IQ) Values
- Importance of maintaining cultural connection via a Micro Nuna
- Identity and community as a source of healing

Speakers:

Braden Kadlun, Author, Advocate, Speaker, Inuk from Kugluktuk, Nunavut - Braden Kadlun is an Inuk Author and Advocate. Whether he is in community or online, he strives to share honest depictions of his own sobriety and mental health journey. As a sought after keynote speaker, Braden continues to share resilience and prospering change and positivity, wherever he goes.



Target Audience:

Appropriate for ages 12 and up; Anyone open to learning about Inuit Culture and ways of knowing

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