The delivery of rural and First Nations health and wellness is a global issue. The B.C. Provincial Health Care Partners Retreat that took place on January 27th, 28th and 29th, 2019 on the unceded, ancestral territories of the Skwxwú7mesh (Squamish), xʷməθkʷəy̓əm (Musqueam), and səlílwətaʔɬ (Tsleil-Waututh) Nations, was a response to this issue within the British Columbia (B.C.), Canada context. The retreat was planned in collaborative partnership between four groups.

The retreat incorporated an Appreciative Inquiry Approach (AI), which follows an iterative flow between four stages. This approach framed the discussion around four priority areas.

The design of the retreat followed alternating rounds of discussion and deliberation between Partner and Peer groups. Partner groups were comprised of members from each of the six different stakeholder groups. Peer groups were comprised of members from the same health care stakeholder groups. “Breathing” and “weaving” allowed partner tables to align priorities towards the common purpose of enhancing rural and First Nations health and wellness.

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