

# Watchmon Role

In many BC First Nations cultures, the traditional role of the Watchmon is to watch over, protect and guide its people by standing guard, observing and warning of impending danger or challenges. Because of its importance, the Watchmon is depicted in carvings and atop poles in many communities.

Inspired by these teachings, the FNHA's CMO holds an important role as a Watchmon who monitors and acts as a guardian and champion of the health and wellness of First Nations people, province-wide.

As Watchmon, the CMO's key roles are to:

- **SEE AND HEAR**, by observing, monitoring and gathering information and data from various sources to capture the story of health and wellness of First Nations.
- **REPORT**, by sharing the story of health and wellness of First Nations people in BC to improve health and wellness.
- **GUIDE (or Guard)**, by providing two-eyed seeing leadership to contribute to a strategic response at various levels.

*Inspired by the teaching of Mi'kmaq Elder Albert Marshall, two-eyed seeing refers to learning to see from one eye of Indigenous ways of knowing and from the other eye of Western ways of knowing, and using the strengths, gifts, and insights from both together to gain well-rounded perspective.*



First Nations Health Authority  
Health through wellness