

## Our Story, So Far...

Our business, Three Things Consulting, like others struggled as a result of the pandemic in March 2020. Our team had to adjust and pivot as our projects, (which are focused on healing and increasing space for young voices and communities), ended one by one, with some of our consultants and members of our Circle, struggling with anxiety and feeling overwhelmed at the front end of the pandemic.

So, we started a weekly show on Facebook Live, Come Walk With Us...to talk about mental health and wellness. Now in 2024, now on YouTube, and on Saturday nights, we are still walking....will you Come Walk With Us?

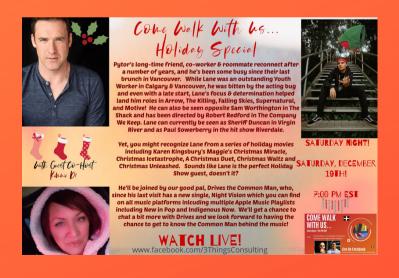


As we are a small Indigenous owned firm, and sometimes the content of Come Walk With Us... reflects that, we simply like to share cool, empowering, and awesome stories, that could (or should) be of interest to everyone. While we originally talked about mental health and wellness our scope and interest has expanded as can be seen in our guests over the past now almost four years ago.

That's how we have created a little bit of awesome in our corner of the Internet. No, we don't have millions of followers, though quickly saw that our audience was very connected to this virtual community we were building, and now we have a consistent group who tuned in each Saturday night. As we launch the show in 2024 - we are moving to Sunday nights and streaming live now on YouTube!

We have had almost 275,000 views since our first episode in April 2020 and when we stopped for a break for the summer of 2023, we celebrated our near 150th episode.







We're blessed to be surrounded by awesome in our day to day work and so, that has been seen in the calibre of guests who have Come Walk(ed) With Us...

Joining us live have been multiple Indspire Award winners, Juno Award winners, Olympians, artists, musicians, TikTok stars, actors and film makers, entrepreneurs, young changemakers, politicians, activists, chef's, Elders and educators all who are changing the world with their gifts!

## We invite you to join this growing list of awesomeness!







While we don't monetize the program, we have been commissioned for several special episodes, for example, having hosted virtual National Indigenous Peoples Day Celebrations in 2020 and 2021.

We have partnered with the Canadian Olympic Committee, Girl Guides of Canada, Kingston National Indigenous Peoples Day (KNIPD) Committee, and Friends of Inner Harbour for these special episodes. It has been humbling and privilege each time we are asked to help showcase an important story.

We also use Come Walk With Us...as a tool to contribute to and boost charities and organizations that we have learned about through the guests on the show.







We launched this season on January 6th, 2024 and will be going live on Sunday nights until we take a break for the summer – and we would be so grateful for you to join us, either as guest or member of our online community.

Now we'll be honest. If you've taken part in other interviews, live shows, podcasts or programs, there is a good chance, this won't be like that experience. We are very casual, as a rule unscripted, and we simply want to welcome you to our community, listen and learn from your experiences, insights and stories. No producer, edits or anything high tech!

You have been invited to join us as we think your story is one that matters. We think you matter. We know we can learn more by having you join us one Sunday night.

We hope you'll Come Walk With Us...







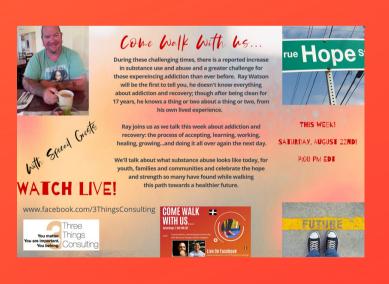
Again, there won't ever be a bazillion views – but for those who do tune in, we love that connection that takes place between us all, week after week.

## Come Walk With Us... Sunday Nights at 7:00 PM Eastern

www.youtube.com/@3ThingsConsulting







Learn more about Three Things at: www.3things.ca