



The Three Things Team

**The Heart
of Who
We Are**

Who We Are

95% of the more than 80 consultants who have worked with Three Things Consulting since 2012 have worked on multiple projects.

Our teams have included respected Elders and Grandmothers, retired leaders, influencers, youth engagement specialists and other youth work professionals, activists, artists, experts and leaders in diverse fields, (such as education, health, counselling, land based, justice, language revitalization, sport, communications, and entrepreneurs.)

The reason we most often hear: they know they are contributing to something that matters. Significantly.

Three Things Consultants, for the most part, have other jobs and roles, and join us when their expertise can strengthen what we are hoping to achieve with a specific project.

This is a snapshot of some of the folks who commonly share their brilliance with us and together, help ensure our clients and those they support know that they matter, they are important, and they belong.

Pytor Hodgson

CEO
Three Things
Consulting

Pytor Hodgson



Pytor Hodgson has been active in supporting youth and communities since his teenaged years, anchored in his own lived experiences. Pytor is Anishinaabe whose adoption left a disconnect between him, his culture, language and Peoples, though over the last thirty years, he has been gifted that connection and walks the Red Road and works daily to practice the values embedded in the teachings relating to Mino-Bimaadiziwin, living a good life. Rooted in a respectful approach that incorporates those traditional teachings from his Elders and Grandmothers, Pytor has been able to collaborate and work with more than 75 First Nations and Inuit communities.

At 17, inspired by his own lived experiences, Pytor helped found the Ottawa-Carleton Homeless Coalition, a street shelter for other homeless youth. Over 6 months Pytor camped out on the sidewalk of Parliament Hill in Ottawa overseeing 7 tents that housed over 350 other homeless youth throughout their stay. Each day he and others coordinated the feeding lines, which provided hot meals to over 150 homeless people each day.

By 19, Pytor completed a national speaking tour and had worked for several international environmental and social justice organizations. Settling in Calgary he began working as a live-in peer counsellor in a shelter program and after two years Pytor became the executive director of a youth run and directed nonprofit in Calgary that provides a voice for youth living within government systems.

Following the authoring of 'Right It Down', a commissioned book on children's rights for youth in care and another speaking tour, Pytor began consulting independently. In that role and for the next 14 years Pytor had a variety of government and NGO clients, including Solicitor General Canada, The National Crime Prevention Centre's (NCPC), The Department of Justice Canada (with a focus on youth engagement in the development of the Youth Criminal Justice Act and youth gang prevention) along with the Centre of Excellence for Youth Engagement, the Students Commission of Canada, and Save the Children Canada in senior advisor roles.

With a desire to focus more on community and individual healing, in 2012, Pytor rebranded and launched Three Things Consulting where he and the more than 80 consultants continue to help organizations and governments create processes, programs and opportunities for young people and community to be heard, heal, and lead through engagement, research and innovative evaluation projects. Three Things inspires youth and their influencers to make their lives healthier and their communities stronger, with a deep understanding that they matter, they are important, and they belong.



Three Things clients have included national and international NGO's, youth serving organizations, governments and charitable foundations including Rideau Hall, the Assembly of First Nations, the Canadian Olympic Committee, Ulnooweg Development Corporation and their Indigenous Communities Foundation, Canadian Women's Foundation, Pathways to Education Canada, Girl Guides of Canada, and many individual First Nations, local and regional PTO's, NGO's and municipal, provincial, and federal governments and departments.



This commitment to youth and community development has made Pytor a sought-out commentator on the issues that are facing young people in North America. He has been the Co-Chair of the Youth Engagement Working Group for the North South Partnership and the President of the National Youth in Care Network. Pytor was appointed to the Task Force on Trafficking of Women and Girls in Canada: An Initiative of Canadian Women's Foundation and the Premiers Council on Youth Opportunities by the Honourable David C. Onley, the Lieutenant Governor of Ontario.

Locally, Pytor was appointed to the Board of Directors for Kingston Frontenac Housing Corporation, and most recently, based on his experience and expertise in the area, to the Board of Directors of Addiction & Mental Health Services - Kingston Frontenac Lennox & Addington. Pytor was one of twelve national Indigenous leaders appointed to the RCMP Circle of Change, a group who were called upon to provide advice and assist the RCMP in their work related to missing and murdered Indigenous women. He has sat on federal governments advisory committees, addressed Senate Committees on various topics related to gender, gender-based violence, mental health and well-being and continues to be requested to share his insights with government, systems and organizations and is regularly called on by the media to speak to youth and Indigenous issues.

Three Things, led by Pytor, have had over 1,000,000 engagements on social channels cementing their role as thought leaders and changemakers.

Our Anchors

Elder Bernard Nelson is a pillar in the Katarokwi (Kingston) community, for both the many Indigenous Peoples who live and travel through and the non-Indigenous community who have come to rely on Bernard as a guide in their path towards reconciliation. A respected cultural teacher and spiritual support, through he and his family's engagement in classrooms, community events and organizations and by sharing their land with those in need for ceremony, Bernard uses his lived and professional experiences to help inform, guide and care for others in a good way.

Bernard, a Residential School survivor, was taken to Pelican Lake Indian Residential School in Sioux Lookout, Ontario. His ancestry is Cree from his mother's side from Eabmontoong (Fort Hope) First Nation, and Ojibway from his father's side from White Sand First Nation. Bernard was born on the trapping grounds of Ombabika.

Bernard works with Royal Military College where he is was the Elder for The Aboriginal Leadership Opportunity Year, (the ALOY Program) and for more than ten years has been supporting countless cadets as they travel far from home in their path with the Canadian military. He provides counsel, traditional teachings & ceremony to First Nation, Métis and Inuit students taking part in the year long program, as well as other programs led by the Canadian Armed Forces across the country.

When Bernard started this work 30 some years ago, he was a helper to his Elders. Later, he was granted the permission to carry a pipe for the people. Bernard is a respected Elder in Kingston, across Canada, and in the United States, known for his close connection to culture, ceremony and walking the Red Road.



ELDER BERNARD NELSON

Bernard has worked closely with Three Things Consulting on various projects and programs including helping lead ten community talking Circles here in Kingston, and traveling with youth to the Northwest Territories and Alberta. Bernard provides guidance and direction in his role as an Elder and support to young people and their families we walk alongside with.

Most recently, in 2025 Bernard was the recipient of the King Charles III Coronation Medal for their countless years of tireless work he had done to increase the wellbeing of the people.

Our Anchors

Grandmother Kathy Brant (Kate) is Mohawk of the Haudenosaunee Six Nations Confederacy and has worked with Indigenous communities for more than 30 years. As a Mohawk Grandmother and Great-Grandmother, Kate has raised four children, in addition to caring for many others in our traditional kin model of community care. She is a highly respected Aunty and care giver in both her community and with the urban Indigenous community in Kingston.

Having never had the opportunity to attend university in her youth and due to enfranchisement, her family lived in poverty without access to formal funding or supports from the government. Though her family for generations were Mohawk, Kate only became a member of her Nation in 1985 when Bill C-31 was passed, giving her 'permission', to officially be Mohawk.

Kate attained both a Social Service Diploma and a Native Community Care and Culture Diploma, using them both in her roles working in community engagement, health and development. In addition to Kate's work with Three Things Consulting, for almost a decade, she has been the Indigenous Community Development Worker with the Kingston Community Health Centre, where she now is the first Grandmother In Residence at the health centre. As well she is a Grandmother and Knowledge Keeper for Algonquin And Lakeshore Catholic District School Board, Limestone District School Board and the City of Kingston's Grand Theatre, where she welcomes guests for every performance and offers a Land Acknowledgment; a role she was selected for by local Grandmothers.



GRANDMOTHER KATHY BRANT

Kate is a community matriarch in the Katarokwi (Kingston) community, well respected, loved and valued. She is continually giving and sharing of herself and demonstrates care for herself, others, the land, culture and her Nation through a love driven approach.



SAIMANIQ TEMELA

Saimaniq Temela was a 17-year-old Inuk youth and grade 12 student in Kingston when he first took part in a Three Things Consulting program, exploring the needs of Indigenous high school students. Within a month of that first engagement, he was hired by Three Things to support a national project on Indigenous education, Enhancing Indigenous Education Through Co-Creation, being undertaken for the Rideau Hall Foundation.

Born in Nunavut, in the small community of Kimmirut, his early years were spent with strong connections to family and land, until he moved to Kingston when he was around 10 years old. At that time, his mother discovered the Katarowki Native Friendship Centre, where he was able to connect with other Indigenous youth, and learn about First Nations history, culture and life teachings that were very similar to what he experienced growing up in the north.

Through the connection to the Friendship Centre and since he was 12 years old, Saimaniq had been part of the sail training program run by Brigantine Inc.

He sailed throughout Canada and was a vital young leader in the program. This led him to be selected to represent Canada during a three-week voyage aboard the Shabab of Oman, a 285-foot-long sail training vessel operated by the Royal Navy of Oman. The ten youth from around the world who participated, like Saimaniq, were part of the 10,000 + youth who applied for that opportunity. Upon his return, he was and honoured for his role in sailing, and supporting other youth in their learning, when he was named the Youth Sail Trainer of the Year by Sail Training International (STI), the youngest ever and first Inuk to be honoured with this award.

Outside of his time in post-secondary, where he earned his Child and Youth Work Diploma, he's been with Three Things, and now is a Senior Consultant. He was one of the leads in two of our signature projects, Msit No'Kmaq: All Our Relations, where he and the Three Things team led 45 First Nations, Inuit, and Métis youth between 15 – 23 years old as they sailed from Halifax to France, and Mekite'tm: I Am Proud, where Three Things led a delegation of young Indigenous athletes as they traveled to witness the Pan Am Games in Lima, Peru and take part in cultural, sport and leadership development program.

Supporting the young people were Truth and Reconciliation Commissioners Dr. Marie Wilson and Chief Wilton Littlechild along with Olympian and Pan American Gold Medal winner, Waneek Horn-Miller.

Saimaniq has supported our Gatherings, organized community events, and provided direct support to youth and families who participate in our programs and activities. His reserved nature and honesty about his own journey has made him a valued member of our team.

Brennan Googoo is Mi'kmaq raised and still residing in Millbrook First Nation, Nova Scotia. He is currently working with Ulnuoweg Indigenous Communities Foundation as Youth Engagement Officer for Nova Scotia. Prior to this Brennan gained most of his experience as a facilitator with Three Things Consulting, and is the co-host of the Three Things weekly talk show, Come Walk With Us...

Like many of our team members across Canada, we first met Brennan when he took part in one of our programs as he was one of the 45 Warriors of the Red Road at Sea who sailed across the Atlantic Ocean from Halifax to France in 2017, as part of Msit No'Kmaq: All Our Relations and we saw the leadership capacity and skills he carried along with what a strong role model he was for Indigenous youth. He has played key roles in various projects, in particular Raised Voices: Carriers of Hope, A Youth Policy Forum on First Nations Education we have managed for the Assembly of First Nations.



BRENNAN GOOGOO

His travels have brought him to Asia, Africa, South American and throughout Europe and one of the sessions he has delivered when we visit remote communities focuses on how traveling beyond our communities an example of healthy and positive risk taking.

A sought-after voice throughout Atlantic Canada Brennan is widely respected in the work he does with Ulnuoweg and amplifying youth voices.



A 2024 graduate from Carleton University with a degree in Studies (Honours) and minor in Biology, Aiyana Louis, a member of M'Chigeeng First Nation has spent considerable time on the land, through her schooling and cultural programming opportunities. Aiyana is the Project Lead for Engaging Indigenous Peoples in Climate Change Policy at the Native Women's Association of Canada. As an Afro-Indigenous woman and her deep passion for environmental justice and sharing Traditional Ecological Knowledge she was raised with a worldview that honours human-nature relationships and being stewards of the land.



AIYANA LOUIS



Aiyana is also a recognized singer-songwriter and musician who has sung the national anthem for the Ottawa Senators at multiple games, performed at Indigenous music festivals and released her first EP in 2024.

Her creative approach to engagement, sense of humour, and deep cultural understanding are just some of the gifts she brings to our Gatherings. A champion and advocate for younger folks, Aiyana can bring shy groups together and create spaces for them to find their voice. Young people shine when supported by Aiyana.



ANDREW STEVENS

Andrew Stevens, while primarily a recording artist, known as Drives the Common Man, is a Mi'kmaq singer, songwriter, producer and visionary artist hailing from Southern Ontario Canada. With a strong following on TikTok, Andrew was one of the original group who helped breathe life into #NativeTikTok during the pandemic, helping connect folks from across Territories and celebrating Indigenous music, humour, art, and language learning.



We first met Andrew via TikTok and were taken by his humour, music, and his honest sharing as he reached the milestone of his first year clean and sober. From there we partnered on various projects while starting with him sharing his music, we saw there was more to Andrew than that of an entertainer. He became a facilitator at our Gatherings and began traveling with the team to First Nations, where young people responded and connected so well with Andrew and his fun and laid-back approach. Using those skills Andrew helps ignite the spirit in the youth he's met and traveled with us across the country as a role model and a strong guide to the youth we support.

Andrew studied Music Industry Arts at Fanshawe College, and then in 2024 began teaching in the program.





NATASHA COMMANDA

Natasha Commanda is the co-owner of Indigenous Gifts (formerly Indigenous Face Masks). During the pandemic they donated over 47,000 face masks to Indigenous children and youth, and over \$21,000 to support Ukraine through the Red Cross, along with \$25,500 donated to Indigenous organizations directly working with residential school survivors.

In the summer of 2022, Natasha co-founded FN Clean Water, a brand that offers spring water in a can and supports Water First, an organization providing education and supports clean drinking water to Indigenous communities. Her home community, Kitigan Zibi is only 90 minutes north of Ottawa, and they, like many, still have water issues. Believing everyone deserves clean drinking they have worked to see their products in stores across the country and at Indigenous events throughout Canada.

A graduate in Advertising and Marketing Communications, Natahsa has continued in post-secondary and finishing a bachelor's degree in digital marketing communications.

Previous to this, Natasha was a program officer with the National Association of Friendship Centres and specifically supported their National Youth Council and other related programs. These combined skills make Natasha a powerful inspiration to Indigenous young people, and we value working together at our Gatherings, where her gifts are shared so freely with young people. She lifts them up and helps create spaces where youth see what's possible in the world.

