Together, we reflected on what it means to bridge Indigenous and Western paradigms...

With our Hearts
- Be humble and authentic
- Value mutual transformation
- Relate to others with respect, reciprocity, and responsiveness
- Pursue research that improves communities
- Recognize Indigenous communities have their own ways of conducting research
- Recognize diversity within and between Indigenous communities

With our Heads
- Investigate power dynamics and oppression within systems
- Build shared understandings
- Continually learn and reflect
- Value community and inter-generational knowledge
- Count lived experience as knowledge
- Question disciplinary norms, terms, and expectations

With our Actions
- Build trust, transparency, and accountability
- Cultivate good relations
- Wait to be invited by the community
- Take time to get to know the community
- Advocate to funders
- Set up structures for consensus

Thirty-seven participants joined panelists, Danielle Alphonse, David Long, Erica Samms Hurley, and Shirley Tagalik to continue conversations from the webinar, "Bridging Indigenous and Western Research Paradigms".

The summary below highlights main discussion themes.