

## **E3 – Employment First. Employment Ready. Employment for All.**

### **2018-2019 Workshops**

E3 provides pre-employment training for people with disabilities to prepare them for employment success.

Each workshop will include the use of role playing, group discussions, videos and interactive activities. Class materials will be taught to accommodate different learning levels and styles.

#### **1. Personal Growth and Development**

Associated Knowledge, Skills and Abilities:

- a. Life Mapping.
- b. Career Exploration.
- c. Is Employment for you?

#### **2. Social Skills**

Associated Knowledge, Skills and Abilities:

- a. Social skills and communication (2 workshops).
- b. Conflict Resolution.
- c. Teamwork and Etiquette.
- d. Team Building.
- e. Social media and networking.

#### **3. Today's Workplaces**

Associated Knowledge, Skills and Abilities:

- a. How to keep your job (2 workshops).
- b. Self-advocacy and knowing your rights.
- c. WHMIS.
- d. Job Coaching/Job Development.

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#### **4. Preparing for Employment**

- a. Interview preparation.
- b. Mock interviews.
- c. Hygiene.
- d. Nutrition.
- e. Starting a job.

#### **5. Life Skills**

- a. Bus Training (2 workshops).
- b. Budgeting.
- c. Time Management.
- d. Stress Management.

Workshops will be held at Community Living London Supported Employment Services at 379 Dundas Street., Suite#120, London, ON N6B 1V5.

Workshops are open to participants aged 18 and older.

Workshop session times are 9:30-11:30am and/or 1-3pm Mon-Fri.

Course topics are subject to change.

For further information please contact:

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