

## Hire Up Session 9

Green Mountain Self-Advocates has planned this series of Hire Up meetings to provide peer support to individuals who are unemployed or underemployed. The purpose of the group is to practice self-advocacy skills, explore individual dreams for employment, share experiences, explore the barriers to employment, get to know each other, and provide support to one another.

**Set up:** This meeting set up is for 12 people or less. It works best if you sit at tables. Arrange tables to allow for an open space for group activities. Snacks need to be provided.

**Time:** Two hours

**Materials:** Sign in sheets, markers, flip chart, folders, Infomercial sheets, Job Category Sheets, Job stickies, scissors, glue, file cards, pens/pencils

**Teaches participants:** 8 Job categories and the types of jobs in each category.

**Note to Trainers:** Before the meeting, the Trainers need to practice this workshop and decide who will be teaching each section. Write the name of the trainer on the blank line before each part in the script. The instructions on what to do are in black and suggestions of what to say are in red. We strongly recommend that you use your own words and try not to read from the script. It is better to speak from your heart. Reading from a script can sometimes sound boring.

## Getting started

As people arrive all the trainers should say hello and introduce themselves. Make people feel welcome. Give a new participant a folder.

## Check in and Group Agreements

20 minutes



\_\_\_\_\_

My name is \_\_\_\_\_. I would like everyone to introduce themselves and tell the group what has been going on with them.



\_\_\_\_\_

Group Agreements—we have been meeting for quite a few weeks, so I will only remind people of the Group Agreements we follow.

## ACTIVITY: Job Categories and Jobs

Tape the Job Category sheets up on the walls around the room.



\_\_\_\_\_

We are going to look at different “Job Categories”. Look around the room at the different categories. We will start with “Clerical”. This is an office-type job. It could include mail, filing, stocking shelves, or other duties.



\_\_\_\_\_

The next category is “Sales”. What do sales people do?  
Get people to buy things.



\_\_\_\_\_

The next job category is “Service”. These are people who are paid to do things for others.



\_\_\_\_\_ Category 4 is “Physical Work”. This is a job where you move around a lot. People who do this work should be in good physical health.



\_\_\_\_\_ The next category is “Driving and Operating”. They run machines that carry people and goods from one place to another, or machines that do some kind of work (like a chain saw).



\_\_\_\_\_ “Mechanical and Repairing” is different. These tend to be more skilled jobs. You have to figure out how things are made and work and be good with your hands.



\_\_\_\_\_ “Caring and Helping” jobs are jobs where you care about people or animals.



\_\_\_\_\_ : The last category is “Creative”. This is a category where you use your talents, like art and music.



\_\_\_\_\_ I am going to pass out stickies with different jobs on them. Look at the picture and figure out which category it goes in. Stick it on the sheet on the wall. I’ll do the first one.

Cake decorator... this will go in the “Creative” category. So I will stick it up on this picture.

Now, you all work on yours.

Check them and discuss any that are misplaced.



\_\_\_\_\_ The last thing we will do with these jobs is choose your dream job category, then a specific job in this category.



\_\_\_\_\_ You will use this dream job to make an infomercial about yourself. Think of it as an ad to sell yourself for a job.

Pass out the infomercial sheet.



\_\_\_\_\_ Write or paste the picture of the job category and the job on this sheet in the first 2 boxes.



\_\_\_\_\_ We will continue working on this as the weeks go on.

## 10 minute break

### ACTIVITY- First Letter Descriptor

15 minutes



\_\_\_\_\_ Everyone stand in a circle. Think of the first letter of your name, then think of an adjective that begins with that letter. For example, "Mike" starts with "M". Think of a word that would describe Mike that starts with M:  
mad, miraculous, moody, merry, money bags, muscular, etc.  
If you need help, you need to ask.

Give a couple of minutes to think.



\_\_\_\_\_ I'll start. My name begins with \_\_\_\_\_. My adjective is \_\_\_\_\_. Allow time for questions. Toss the ball to another person.

### **ACTIVITY: Story Time**

*30 minutes*

**Goal:** To share a story of an advocate who is employed  
To discuss the advantages of working

**Materials:** A copy of the story of the week for everyone.

#### **Directions:**



\_\_\_\_\_ We are going to read this story about \_\_\_\_\_ .  
Who would like to read the story loud and clear?

**Select someone to read the story.**

\_\_\_\_\_ Leads discussion using the focus questions on the story.



## Evaluation

5 minutes

\_\_\_\_\_ Wow! We did a lot today! AND got to know some new people!

\_\_\_\_\_ We have one last thing for you to do. Your ticket out is the evaluation form in the front pocket of your notebook.

We'll go through this process with you.

I had a chance to speak freely.

Circle: yes            not sure            no

I learned something about myself today.

Circle: yes            not sure            no

I got to know another person better today.

Circle: yes            not sure            no

Lots of ideas were shared.

Circle: yes            not sure            no

I know what I need to do during the week.

Circle: yes            not sure            no