

## Hire Up Session 12

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 Template, “Experience” worksheets, scissors, glue, “Where Do You Stand” activity, Story

**Teaches participants:** To summarize work experiences and personal or job related trainings.

**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. Text in will be in blue when it’s telling you what should be brought up during discussions. 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: “Your Job Experiences”

Pass out the “Experience Worksheet”.



\_\_\_\_\_ We all have had many experiences in our lives. For example, I take care of the firewood every day at my house (you can change this to something you’ve done), and that experience isn’t even on this sheet. SO, remember to say and write down experiences you have that aren’t here. You might jog someone else’s memory, too!

Take turns going through the boxes on the sheet.

Write down jobs that the group comes up with on the big pad. This will help us in the future, and will also help participants who need help spelling.



\_\_\_\_\_ Cut out your top 3 and paste on your Infomercial. Maybe you don't think you have three, but I'll bet if you think hard enough, you can think of 3 things. I'll bet you have lots!

**Activity: "Trainings"**



\_\_\_\_\_ Mark the boxes for all the different types of training you have had. One that is not on here is "The 7 Habits of Highly Effective People."



\_\_\_\_\_ Hey! I don't see "Self-Advocacy Training" here either. Don't forget that!



\_\_\_\_\_ Do you want to do this on your own? Or as a group?

Let them decide. Be sure to help anyone who seems confused. If it turns out that many are confused, do it aloud as a group.



\_\_\_\_\_ Now, I bet you know what we're going to do with "The Most Important 3" to the job we choose...

Pause for answer.

...That's right, paste them on the Infomercial!

**10 Minute Break**

## ACTIVITY: “Where Do You Stand and With Whom?”

10 minutes

**Materials:** 2 long pieces of string  
list of “Barriers/Disadvantages to Work”

**Goal:** To reflect on why participants are not working or seeking better employment.

**Directions:** During the break, \_\_\_\_\_ will set up a tape line on one end of the room, and another at the opposite end.



\_\_\_\_\_ You are about to see where you stand when it comes to getting a job, or more hours, or a better job. You will take one step for every “yes” you say while answering questions about yourself.



\_\_\_\_\_ Line up on the starting line!



\_\_\_\_\_ I will read a statement. If it is true about you, move one step. If it is false, stand still.

I just don't care about working.

The job I have is fine.

I don't have any skills.

I've never been good at anything.

I have plenty of friends.

I'd rather stay at home.

People pick on me.

I don't need the money.

I'm not a morning person.

I don't want to loose my benefits.  
I don't have transportation.  
My life is fine the way it is.  
I have too many problems.  
I'm depressed.  
I'm afraid.  
My parents don't want me to.  
I have a hard time talking to new people.  
Nobody will hire me.  
I am too busy to have a job.



\_\_\_\_\_ Wow! Look at where you are standing. The closer to the other end, the more barriers you have. If you didn't move, you are ready! Go get a job! Face the person next to you. Talk with them and ask if you have any of the same barriers.

## **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?

Encourage the person you choose to read the story loudly, slowly, and clearly.

Then, lead a discussion using the focus questions on the story.

## Evaluation

5 minutes



\_\_\_\_\_ Time to go already! We have one last thing for you to do. Your ticket out is the evaluation form.

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