

Hire Up Session 8

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, “People in Your Life” handout, story

Teaches participants: How to look at people in our lives to determine who are our “Cheerleaders”.

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

30 minutes



_____ My name is _____. I would like everyone to introduce themselves and tell the group what has been going on with them around the goal they set the last time we met.



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

ACTIVITY: People Who Influence Your Dreams



_____ Let’s look at the “People Who Influence Your Dreams” handout.

Pass out page 1.



_____ Neutral people—who are they?

Choose someone to read the definition. Discuss.

Read the bullets under the picture. Discuss.



_____ We all know people like this.
Who are they in your life?
Write the names on the lines.

Pass out page 2, “Toxic People”



_____ “Toxic People”—What does this mean?
Have someone read the definition. Discuss.



_____ Who are they?
Read the info below the picture.
Write the names of the toxic people in your
life. What do you do with them?
Read 1-4



_____ **Get them out of your life!**
But, you say, “I can change them.”
Hear this: **Toxic people DO NOT
CHANGE!**
Just don’t listen to them.



_____ Call on your cheerleaders.
Wait... who are they?

Pass out page 3, “Cheerleaders”.



_____ Cheerleaders are the people who see beyond
the barriers. They are the ones who
encourage you towards your dreams and are
always there for you.
How will you know them?

Call on people to read the list.

Positive, Personal, Supportive, Encouraging, Empathetic (understanding of another's feelings), Just Plain There!



_____ Write the names of your cheerleaders on the lines. Hopefully, you have more than 3.



_____ What do we do with our Cheerleaders?
Call on someone to read 1-4 at bottom of the page.
Hold on to names of the cheerleaders in your life. You never know when you'll need to call on them.

Break 10 minutes.

ACTIVITY- Dream Vacation

15 minutes



_____ Think about your dream vacation. We want you to describe the details. Who would you go with? Where would you go? How would you get there?



_____ Let's stand in a circle and I will start. Then, I will toss the ball to the next person and they will describe their dream vacation. Don't forget to ask questions if they leave details out.
Describe your dream vacation and toss the ball to another person. When everyone has had a turn, sit back down at the table.

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.



_____ We are going to read this story about

Who would like to read the story loud and
clear?

Call on someone to reads the story. Encourage them to
read it loudly, slowly, and clearly.



_____ 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