

Hire Up Session 2

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, evaluation, agenda, Ground Rules, Barrier Chart, page for Jobs/fun/barriers, watch, blank index cards, pens, Story, Follow Through Assignment – Individual Hire Up Vision

Teaches participants:

- About investigating Barriers to employment
- That others have overcome barriers

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 welcome them back. Each participant should have his/her folder or borrow one and find a seat.

Introductions and Ground Rules

10 minutes



_____ Hi, remember me? I'm _____.

Refer to the agenda.

Today we will review the Group Agreements

Check in with discussion of Follow Through Activity

Read and discuss a "Story"

Create a Vision Statement for your participation in the group

Complete an Evaluation



Group Agreements: (Use the list of ground rules provided. Feel free to add additional rules if the group wants to.)



_____ We will begin by going over our group agreements. I will call on a person to read each one.

Who wants to read number 1?

(Pick a volunteer to come up and say, "1. Raise your hand.")

Who wants to read number 2?

(Pick a volunteer to come up and say, "2. One person speaks at a time.")

Who wants to read number 3?

(Pick a volunteer to come up and say, "3. No put downs.")

Who want to read number 4?

(Pick a volunteer to come up and say, “4. No question is a silly question.”

Who wants to read number 5?

(Pick a volunteer to come up and say, “5. It is okay to pass.”

Who wants to read number 6?

(Pick a volunteer to come up and say, “6. Confidentiality.”

(You should ask the group what this means.)

Who wants to read number 7?

(Pick a volunteer to come up and say, “7. Give everyone a chance to speak.”

Who wants to read number 8?

(Pick a volunteer to come up and say, “8. “Use people first language.”

Does anyone have any questions about the group agreements?

(Call on people and answer the questions)

ACTIVITY: Check In

15 Minutes

Goal: To review the Follow Through Activity from last week
To identify barriers to completing the activity

Materials: “Trying Something New”, flip chart and markers

Description: We will review their answers and identify barriers to looking for work or completing the activity.

Directions:



_____ Find your Follow Through Activity sheet from last week. It is titled “Trying Something New” We will go around say our name, share the job and fun thing you would like to try. If you did not complete the activity, let us know why. Like this: Hi, my name is _____. I would like to try a computer job and skydiving.

OR

I didn’t do the activity because I forgot.”
Pass to the person on your right.



_____ Like this “Hi my name is _____.
I didn’t do the work because I was too busy.”

_____ will be writing the answers on the flip chart with these 3 categories:

1. JOBS
2. FUN
3. BARRIERS (to completing assignment)



_____ Referring to Barrier list and ask, “Are these also barriers to working?” Answers will vary.

Trainer Tip: Experience tells us that many folks do not complete the follow up activities. It is up to you if you want to give them time to complete it during the session or break.

BREAK 10 minutes

ACTIVITY: Guess Who?

10 minutes

Goal: To get to know each other better

Materials: Blank cards and pens

Description: Members will write something about themselves on the card and pass it in. The facilitator will read a card and the rest of the group will try to guess who wrote it. **Should be quick and fun.**

Directions: Hand each person a blank card



_____ Write something on the card about yourself that nobody else knows about you. Do not write something that is too personal. This should be fun. Get help if you need it. Pass the card in without your name.



_____ I'll read the first card and you all guess who wrote it. If the person is not guessed with 3 tries, ask the person to tell the group. Repeat until all cards are read.

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.

FOLLOW THROUGH ACTIVITIES

5 Minutes

Description: Activities are very important to make the most of our time together. They are opportunities to help stimulate motivation and desire for employment.

Goal: To stimulate motivation and desire for employment. To keep the desire of employment in the mind of the participant.

Materials: Vision hand out

Directions:



_____ As we saw during check in following through can be difficult. So we need you to practice. You have an activity to do during the week before we meet again. It will help you to participate next week.

Pass out Follow Through activity.

Directions:



_____ This week's Follow Through activity is completing your individual Hire Up Vision.



_____ Read the instructions on the sheet. Don't forget you can ask for help from a peer or a support person to complete this.

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