

Hire Up Session 16

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, conversation topics list, Story, question of the day, evaluation

Teaches participants: To think about conversation topics and what's appropriate to talk about at work

To Trainers: Before the training, the trainers need to write an introduction for themselves. They also 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.

Each participant should take a folder and find a seat.

Introductions and Group Agreements **15 minutes**



_____ : My name is _____ .
I'd like to welcome you and let you know a little about our expectations for this group.

Refer to the poster :



The Purpose of the Group- We will practice our self-advocacy skills, Explore our dreams for employment, Share our negative and positive employment experiences, Look at the barriers to employment, Get to know each other and, Provide support to each other.



_____ : We are going to go around the room taking turns saying our name. After you say your name say, " I want a (better) job."

Like this.

Hi, I'm _____ and I want a better job

Now it is your turn.

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



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



Who wants read number 1?

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

Who wants read number 2?

(Pick a volunteer say, "2. One person speaks at a time.")

Who wants to read number 3?

(Pick a volunteer say, "3. No put downs.")

Who wants to read number 4?

(Pick a volunteer to say, "4. No question is a silly question.")

Who wants to read number 5?

(Pick a volunteer to say, "5. It is okay to pass.")

Who wants to read number 6?

(Pick a volunteer to say, "6. Confidentiality.")

(Ask the group what this means.)

Who wants to come up and read number 7?

(Pick a volunteer to say, "7. Give everyone a chance to speak.")

Who wants to read number 8?

(Pick a volunteer to say, "8. "Use people first language.")

(Discuss the meaning. Refer to People First information sheet)


Does anyone have another agreements they would like to use?


(Call on people and _____ write down their suggestions)

ACTIVITY: What to talk about at work



Topics can be cut apart and handed out to have each person respond. They could also be put on “stickies” to be sorted on sheet hung around the room. The activity can be done as a discussion. Each person could be the entire list to indicate if the topic should be discussed at work.

 _____: In another session a participant said he was “spoken to” by his boss for talking about inappropriate things at work.

 _____: Today we will look at a lot of conversation topics and sort them into categories the two “Talk about at work” and “Do Not Talk about at work.”

Pass out the topics and discuss.

Conversation Topics

the weather

clothes (outer)

underclothes

the other person's health

your boss

space and planets

people you like

people you don't especially like

religion

customers

customer's purchase

restaurants

food

pets

anyone's private parts

the other person looks tired

brothers and sisters, what they like to do, what are they like

vacations

your or someone else's skin rash

music

the cost of your car

the value of someone else's car

computer games

politics

your or someone else's menstrual period

movies

your address

books

your phone number

your income, or someone else's income

sports

a person's bad habit (smoking, overeating)

family arguments

the other person's zipper is down

the other person has something on his/her face

the other person looks nice

a secret that someone else has shared with you

using bad language

a party you want to go to

who you saw at the hospital


who you heard was pregnant

sex (jokes, stories, what you would like to do...)

Taken from Navigating the Social World, Jenanette L. MacAfee, M.D.,
Future Horizons Inc.

Break

ACTIVITY: Question of the Day (can be asked before evaluation)

 _____: If an employer were to ask you the following question, what would you say?
“Tell me about yourself.”

(Give people one minute to think about or write their answers then ask if anyone wants to share what they wrote.)


Activity: Story Time

Time: 30 minutes

Goals: To share a story of an advocate who is employed
To discuss what can be learned from the story

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?

Volunteer reads the story loud, slowly and clearly.

_____ Leads discussion using the “What Have We Learned “ questions at the end of the story.

Evaluation

Time: 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.
We'll go through this process with if you want.**

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