

# Hire Up Session 6

Green Mountain Self-Advocates has planned this series of Hire Up meetings to provide peer support to individuals who are unemployed or under-employed. 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, Jabbers set of dream pictures and dream to reality worksheet.

**Teaches participants:** How to determine what their dreams are

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



\_\_\_\_\_ : I'm \_\_\_\_\_ and I'd like to remind you all of The Purpose of the Group-  
We will practice our self-advocacy skills,  
Explore our dreams for employment,  
Share our negative and positive employment  
Look at the barriers to employment,  
Get to know each other  
Provide support to each other.



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



\_\_\_\_\_ : Group Agreements It has been a while since we were together, so let's review our Group Agreements. Call on people to read.



Break will need to be taken as appropriate.

## ACTIVITY: Jabbers



\_\_\_\_\_ : We found a game on the Riot website. It will help us think about our lives and develop life goals. I will read the first goal and then we can have open discussion.





\_\_\_\_\_ : After the discussion each of you will

decide if this is one of your dreams. If it is you will put a star in the appropriate box.

Find number 1 on your sheet. Number one is I would like to date, maybe have a boyfriend or girlfriend or maybe get married. What do you think about this dream?

When discussion winds down...


 \_\_\_\_\_ If this is a dream you wish for, put a star in the box.

 \_\_\_\_\_ : Now, I'll read number 2. Find number 2 on your sheet.


Read Number 2 aloud.


 \_\_\_\_\_ This is a topic many of us can relate to. What do you think?

When discussion winds down...

 \_\_\_\_\_ If this is a dream you wish for, put a star in the box.

Continue through number 19.

 \_\_\_\_\_ : Number 20 is a dream that hasn't been discussed yet. If you have a dream that is not on this sheet, write it in here. Who is writing in something? Discuss with the group.

 \_\_\_\_\_ : Now you all probably have some dreams targeted. What is the difference between a dream and a goal? Take discussion. Bring it back to  
A dream is something you wish for, a goal is something you plan for. You have taken the first step- dreaming.



\_\_\_\_\_ This week pick one to work on.  
 Next time you will develop an action plan and turn that **dream** into a **goal**.

## 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 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