

## Hire Up Session 7

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, “Dream to Reality” worksheet.

**Teaches participants:** How to turn a dream into a goal.

**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 work.



\_\_\_\_\_ Group Agreements

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



\_\_\_\_\_ Last week many of you thought about your dreams. This week we want to help you turn one of your dreams into a goal.

Pass out “Dream to Reality” sheet.



\_\_\_\_\_ Let’s look at this together.

Decision Time- What does it mean to make a decision?

Make sure they talk about: what going to do, make up your mind, commit yourself to something.



\_\_\_\_\_ Now decide which dream you want to work on making come true. Write that dream on the line.



\_\_\_\_\_ **What does it mean to make a plan?**  
 Make sure the discussion includes: **figuring out what to do, Identify concrete steps.**



\_\_\_\_\_ **How about we help each other come up with the steps. Who would like to work on this first.**

Pick a person and as a group come up with the steps s/he will need to take to make the dream a reality.



\_\_\_\_\_ **What is a timeline?**  
 Some ideas to include: **the start time and the finish time for working on the dream.**



\_\_\_\_\_ **Now write the date you will start and the date you hope to have accomplished this goal by.**



\_\_\_\_\_ **What is an obstacle?**  
 Some ideas are: **something that gets in the way, a barrier, a challenge.**



\_\_\_\_\_ **Let's look at someone's goal and plan and brainstorm obstacles.**  
 Lead the group in the brainstorm.



\_\_\_\_\_ **Now everyone complete the Obstacle portion.**  
 Be sure to help anyone who needs it.



\_\_\_\_\_ **What are resources and support?**  
 Some ideas: **people or tools that help you, encouragement, assistance.**



As a group, brainstorm resources for each person that needs help.

\_\_\_\_\_ **What does it mean to make a personal effort to accomplish something?**  
 Some ideas: **making a commitment to your goal, taking responsibility for working on something, asking for help when you need it.**



\_\_\_\_\_ Now, this is where you write down what you are going to do.

If there is time, have each person share their goal.

\_\_\_\_\_ If you complete this process you can turn all of your dreams into goals.



**A 10 minute break should be taken at the appropriate time.**

**Activity Question of the day.**



\_\_\_\_\_ If an employer asked you “Why should I hire you?” in an interview, what would you say?

Give the group about a minute to think. Then, go around until each person has responded.

**Story Time**



\_\_\_\_\_ Today we are going to read a story about \_\_\_\_\_.

Call on someone to read loudly, and clearly.

Facilitate a discussion using the questions at the end of the story.



## Evaluation

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