

Hire Up Session 10

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, Infomercial Template, “Working Conditions” sheet, story, paper or file cards, pens/pencils

Teaches participants: About working conditions.

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

20 minutes



_____ My name is _____. I would like everyone to introduce themselves and tell the group what has been going on with them.



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

ACTIVITY: Working Conditions



_____ We are going to add to our Infomercial this week by deciding on the working conditions we like best.

Pass out “Working Conditions” sheet.



_____ Look at the sheet. You need to decide for all ten items which working conditions you prefer. Number one: indoors or outdoors? Which do you prefer? Mark it. You will pick your top 3 for your infomercial.



_____ #2—alone or with people?
Mark which one you prefer.



_____ #3—Do you like working with things (like building things) or do you like to work with people (like selling things)? Mark your preference.



_____ #4—Moving around or sitting in one place? Some people find it hard to sit for long periods. Others like to sit or stand in one place. What's your choice?



_____ #5—Do you like a lively environment or do you need it quiet to work? It is up to you. Mark your answer.



_____ #6—How do you want to dress? Sometimes it is easier to have a uniform. Then you don't have to decide. You just need to make sure it is clean and neat. Some people like to dress up when they are working. Others are only comfortable in casual clothes. What is your preference.



_____ #7—Do you like a job that is the same every day? That way you always know what to expect. Or do you like a job that has many different tasks and changes? You decide.



_____ # 8—You already know how to do some things. Do you want a job you already know how to do? Or is some training ok? Some jobs take a lot of training. Are you up for special training to learn a new job? It is your choice.



_____ #9—Do you want your supervisor right there watching you and answering questions? Or do you like to have space to do the job once you know how? Mark your answer.



_____ #10—Most jobs happen at the same location every day. Is that what you want or do you want to travel to different places? And the answer is...



_____ Now pick the 3 most important working conditions for you. Cut them out and paste them on your infomercial or write the information in the boxes.



Give time to complete this activity.



_____ Look back at the job you chose. Do the working conditions you chose match the job you chose?

Have people share their ideas and discuss. It is really important that match or perhaps they need to look at a different job.

Break 10 minutes

ACTIVITY: Guess who has a _____?
10 minutes

Goal: to get to know each other better

Materials: blank cards and pens

Description: Members will write something that they have in their pocket or backpack that they think will stump the group. The Facilitator will read a card, and the rest of the group will try to guess who wrote it. This should be quick and fun.

Directions:



_____ Pass blank card out.

Write the name of an item you have in your backpack or pocket on the card. Try to think of something to stump the group. 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 within 3 tries, ask the person to show the group.
Repeat this until all the cards have been 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.

Directions:



_____ We are going to read this story about _____ . Who would like to read the story loud and clear?

Choose someone to read the story loudly, slowly and clearly.

_____ Leads 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