

Hire Up Session 3

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, notebooks, watch, ball of yarn, evaluation, agenda, Story, Skills checklist, deck of playing cards

Teaches participants: To explore the advantages and disadvantages of working. This information will assist with developing future sessions.

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

Introductions and Group Agreements

10 minutes

Goal: Reintroduce participants and review Group Agreements

Materials: Group Agreement list

Directions: With the group agreements hanging out of view, one facilitator calls on participants to name a group agreement and the other facilitator checks to see if it is on the list.

1. Raise your hand
2. One person speaks at time
3. No put downs
4. No question is a silly question
5. It is ok to pass
6. Confidentiality
7. Give everyone a chance to speak
8. Use people first language



_____ “Hi I’m _____. Today we’ll see how many of the Group Agreements we can remember. As you think of an agreement, raise your hand and say your name and the group agreement. Like this: “My name is _____ and one of the agreements is to raise your hand.”

Call on individuals until no more hands are raised. Be sure everyone has an opportunity to say their name. Be sure all agreements are said.



_____ My name is _____ and I am impressed.
You got them all OR You got most of them
only missing.....

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?

Encourage the person you choose to read the story loudly,
slowly, and clearly.

Then, lead a discussion using the focus questions on the
story.

BREAK 10 MINUTES

ACTIVITY: Dream Circle

10 minutes

Materials: ball of yarn

Directions: Give a simple definition of what you mean by dream.
Hold the ball of yarn. Say your dream job. Throw the ball to
another holding the end. Repeat until everyone has a turn.



_____ Stand in a circle. Think of your dream. A dream is something you want to happen in your life. When the ball is tossed to you, say your name and your dream. Hold onto the end and toss to another person.

Like this “My name is _____ and my dream job is _____.”

When everyone has had a turn, say “
We all have dreams and hopes. We hope by working together to make some dreams come true.

ACTIVITY: Brainstorm a list of advantages and disadvantages to working.

20 minutes

Materials: 2 flip chart sheets, markers, watch

Directions: Break into 2 groups, one group brainstorms advantages, other group brainstorms disadvantages for 5 minutes.

Switch lists and brainstorm 5 more minutes. Review both lists.



_____ You all have a playing card I gave you when you came in. Hearts goes to the right side of the room and clubs go to the left side of the room. There is one paper Advantages and the other Disadvantages.

The group that has Advantages, brainstorms the good things about working, the advantages. The group that has Disadvantages, brainstorms the bad things about working or the disadvantages.



5 minutes is up. Switch papers and add more to the list.

Time is up. Let's share what you all came up with.

How do people who work deal with the disadvantages?

Discuss

FOLLOW THROUGH ACTIVITY

5 minutes

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

Materials: Hand out Right On! No Way!



Follow Through Activities are for you to complete during the week. They are very important to make the most of our time together. They are opportunities to help stimulate motivation and desire for employment

Directions:



During the week, look at this list. You can use the list of words or the pages with pictures on them. Mark the activities you like to do with an 1.

Mark the activities you do not like to do with an X.

Circle the 3 activities you like most.

Remember, ask a peer or a support person to help if you need.

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

RIGHT ON AND NO WAY!

Name: _____ Date: _____

Directions: Write a 1 next to the activities that you like. Write an X next to the activities that you do not like.

1 = Right On!

X = No way!

- ___ Camping
- ___ Hiking
- ___ Horseback Riding
- ___ Swimming
- ___ Walking
- ___ Jogging
- ___ Riding Bicycles
- ___ Golfing

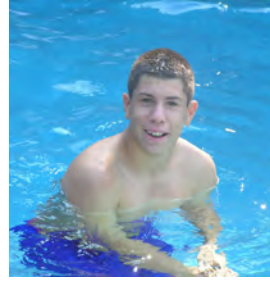
- ___ Tennis
- ___ Baseball
- ___ Football
- ___ Soccer
- ___ Hockey
- ___ Fishing
- ___ Car Racing
- ___ Having Pets
- ___ Going to Church
- ___ Babysitting

- ___ Baking
- ___ Cooking
- ___ Ice Skating
- ___ Roller Skating
- ___ Gymnastics
- ___ Chess/Checkers
- ___ Playing Cards
- ___ Collecting Things (stamps, coins, dolls)
- ___ Sewing
- ___ Painting
- ___ Pottery
- ___ Gardening
- ___ Watching TV/Movies
- ___ Singing
- ___ Dancing
- ___ Writing stories/songs/poems
- ___ Visiting with friends
- ___ Hair Care and Make-up

Now, circle the three things you like the most.

Please list any other activities that you like:

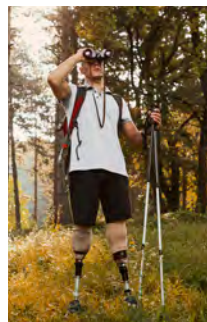
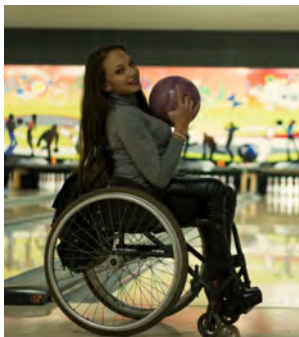
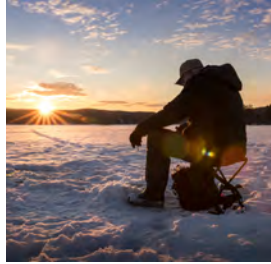
Directions: Circle the activities that you like. Put an X next to the ones you do not like.



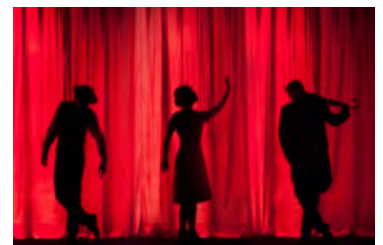
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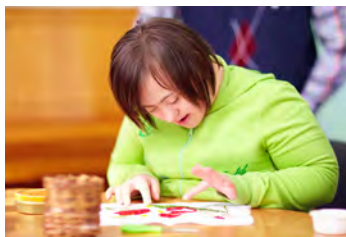
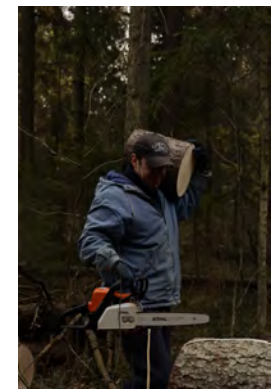
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