

HEARTBEATS

Soft Skills Training

for Life and Vocation

Facilitator: Fawn Einarson-Nielsen
Duration: Six Sessions

Train-the-Trainer workshop available for those running programs

For: Youth (Grades 9-12)
Adults transitioning into the workplace for the first time
Those considering self employment
Students returning to school to attain their diploma
Adult Learners
Young Parents
At-risk or vulnerable youth and adults
Men and women transitioning back into society from the justice system

Overview

Soft skills enhance success in life and vocation. Intrapersonal and interpersonal behaviours help develop and maximize human performance. Sessions prepare individuals for re-entry into the workforce, school, self-employment or other vocational training.

Benefits

- ✓ Clients participate in introspective (self-inventory) exercises to help them identify strengths and weaknesses.
- ✓ Intrapersonal activities such as conscious communication help grow strong relationships and networks to aid success.
- ✓ Participants learn skills and strategies to help propel them from their current circumstance to their desired destiny.
- ✓ The sessions enhance participant's roles as parents, partners, employees and/or business owners.

Workshop materials included.

