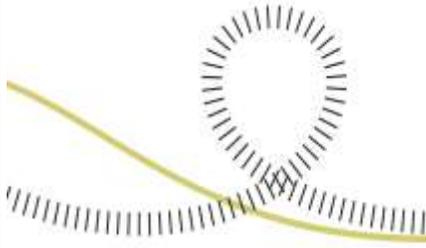




Refresh, Renew, Revitalize your staff through Professional Development

Minds @ Work – Taking Clients from Stress to Success



Helping job seekers reach their training and employment goals is a challenging task. The challenge increases when those job seekers are anxious, frustrated, or discouraged. Minds @ Work provides workshop and assessment tools to help service providers support clients and make the best service delivery decisions.

Minds @ Work – From Stress to Success: Strategies for Job Seekers is a client workshop series made up of four modules.

The modules are designed as a resource for employment-related service organizations to help job seekers with the emotional distress that often accompanies unemployment and the process of looking for work. Job seekers may have angry outbursts or high anxiety; they may feel hopeless or they may resist being helped. While these modules are not geared to deal specifically with diagnosed mental health issues, they may be helpful to clients working through emotional issues that are stopping them from finding or keeping work.

The modules can be used as a complete set, as stand-alone workshops, or as elements in other employment or pre-employment programs. The workshop activities can easily be adapted for use with individuals or groups.

The modules will focus on:

- Understanding the roller coaster of emotions related to unemployment; identifying the strengths that job seekers have to help them meet the challenge
- Understanding how expectations and emotions can affect relationships at home and at work
- Exploring how job seekers can sustain hope and self-confidence while they look for work
- Building relationships with circles of people who can provide care and emotional support

Our *Minds @ Work* training also includes a Service and Referral Pathways tool designed to assist service providers in identifying the need for and making appropriate, effective referrals to mental health services. Participants will also receive the Employment Service Providers Self-Assessment tool. This tool, designed for front-line workers, lists competencies for working effectively with emotionally distressed job seekers and allows staff to assess their current level of knowledge and skills. It contains a checklist, rating scale, and questions for reflection - which has proven to be a helpful teambuilding resource.

\$375. Non-member

\$350. Member

Includes: 2 days of experiential training in the four client modules, PowerPoint presentations, Facilitator's Manual/notes, reproducible participant handouts, Service and Referral Pathways, Service Providers Self-Assessment tool, morning and afternoon refreshments

*Additional details and other training offerings
events.onestep.on.ca*

**To request training in your community or
to inquire about other ONESTEP Professional Development offerings
Call Lorraine at 416-767-1679**