

 **ESM** Essential Skills Manitoba

GROW

Getting Ready for Work

GROW is a 4-day assessment and workshop that features:

- Assessments
- Recognition of Prior Learning, using self-reflection
- Skills matching
- Job skills exploration
- Mentorship sessions





Introduction



Essential Skills to Getting a Job

STEP 1: Participants are introduced to the components of successful workplace performance, focusing on the role of the nine essential skills and personal management basics. Participants meet with their mentor to discuss these concepts and connect them to their own personal and workplace situations. An essential skills assessment is conducted, followed by a debrief between mentor and participant. A report outlining assessment results is provided to participants and referrers.

STEP 2: Participants embark on a process of self-reflection and critical thinking to identify and analyze their results. Modules differentiate between skills and tasks to identify participant's transferable skills, abilities, and attributes. A mentor session helps to connect content to the lived experiences of participants, so that they see the value they will bring to their next employment opportunity.

PAUSE
& REFLECT





STEP 3: Participants learn more about Manitoba job sectors and familiarize themselves with the transferability of skills across these sectors. They are led through a process of further unpacking their own essential skills and personal management basics to identify strengths and needs against performance requirements for workplace or training readiness. Participants begin to curate their stories to communicate their employment readiness. Finally, participants summarize their take-aways in their own essential skills reflection.



WORKING: ON MYSELF BY MYSELF FOR MYSELF



Who will benefit from this workshop?

People who:

- Have limited or no work history.
- Want assistance identifying jobs that will match their skills.
- Want to transition from one type of employment to another.
- Are in transition from school to employment.

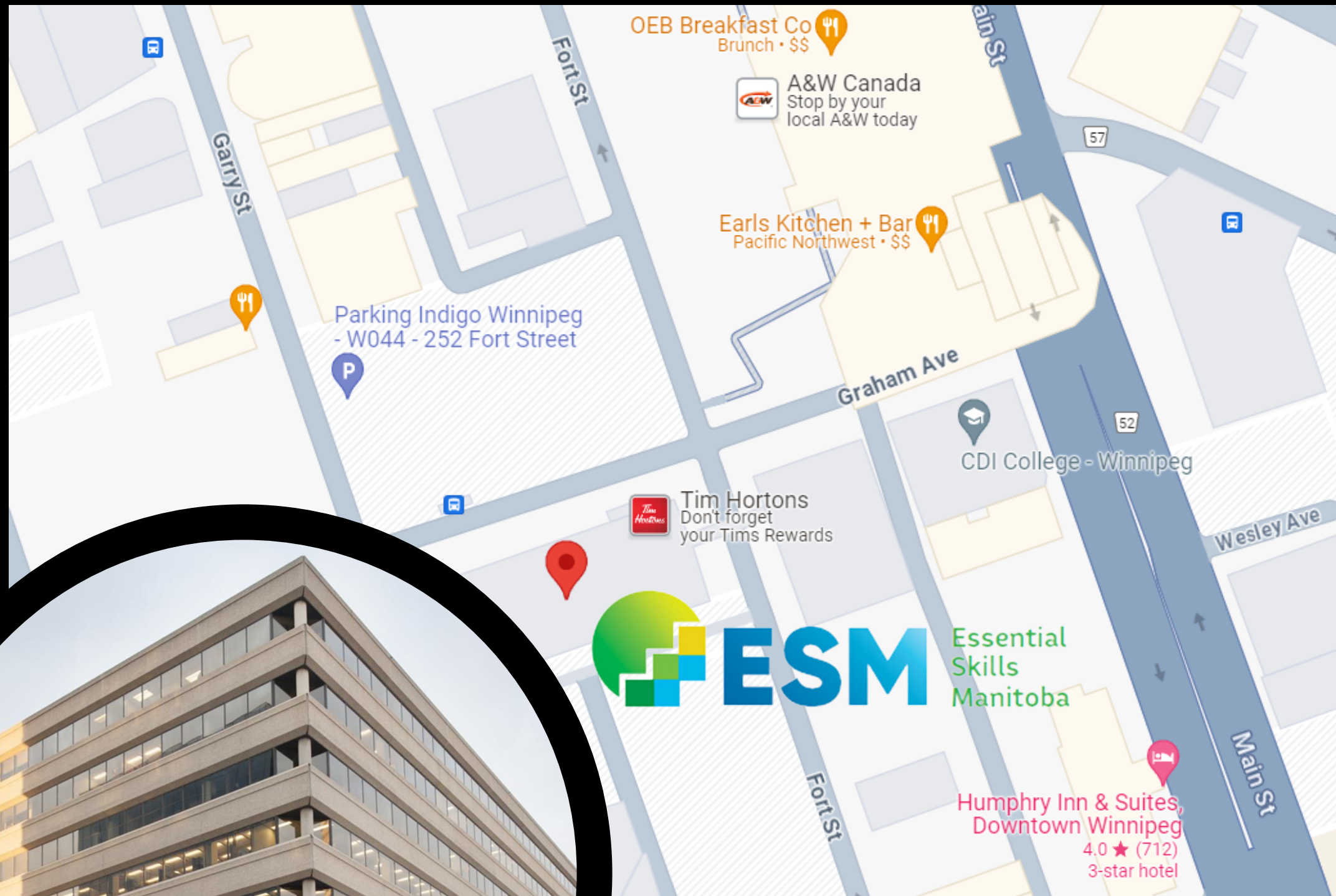
Available online
or in person

Get started
today!

Contact us at

info@esmanitoba.ca

or call 204-282-9980



Assessible through the
skywalk

 240 Graham Avenue, Unit 250
second floor, Cargill Building