



Skills for Work Workshop

Skills

Abilities

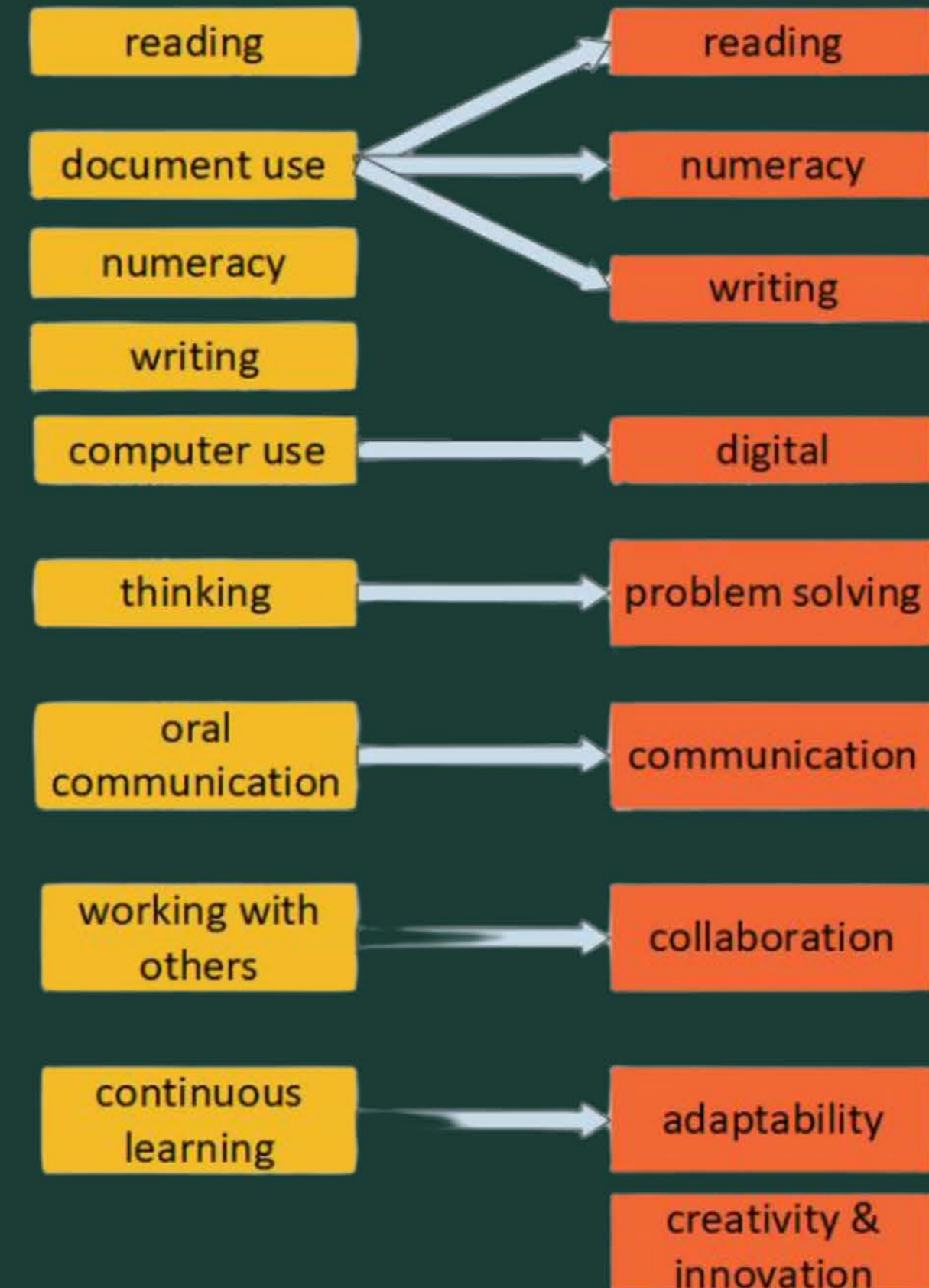
Attributes

Skills for Work is a workshop focused on developing skills sought by employers.

The program covers 12 skills and attributes that support the Skills for Success.

It helps participants identify their strengths, areas for improvement, and develop strategies to move them closer to employment.

Skills for Success

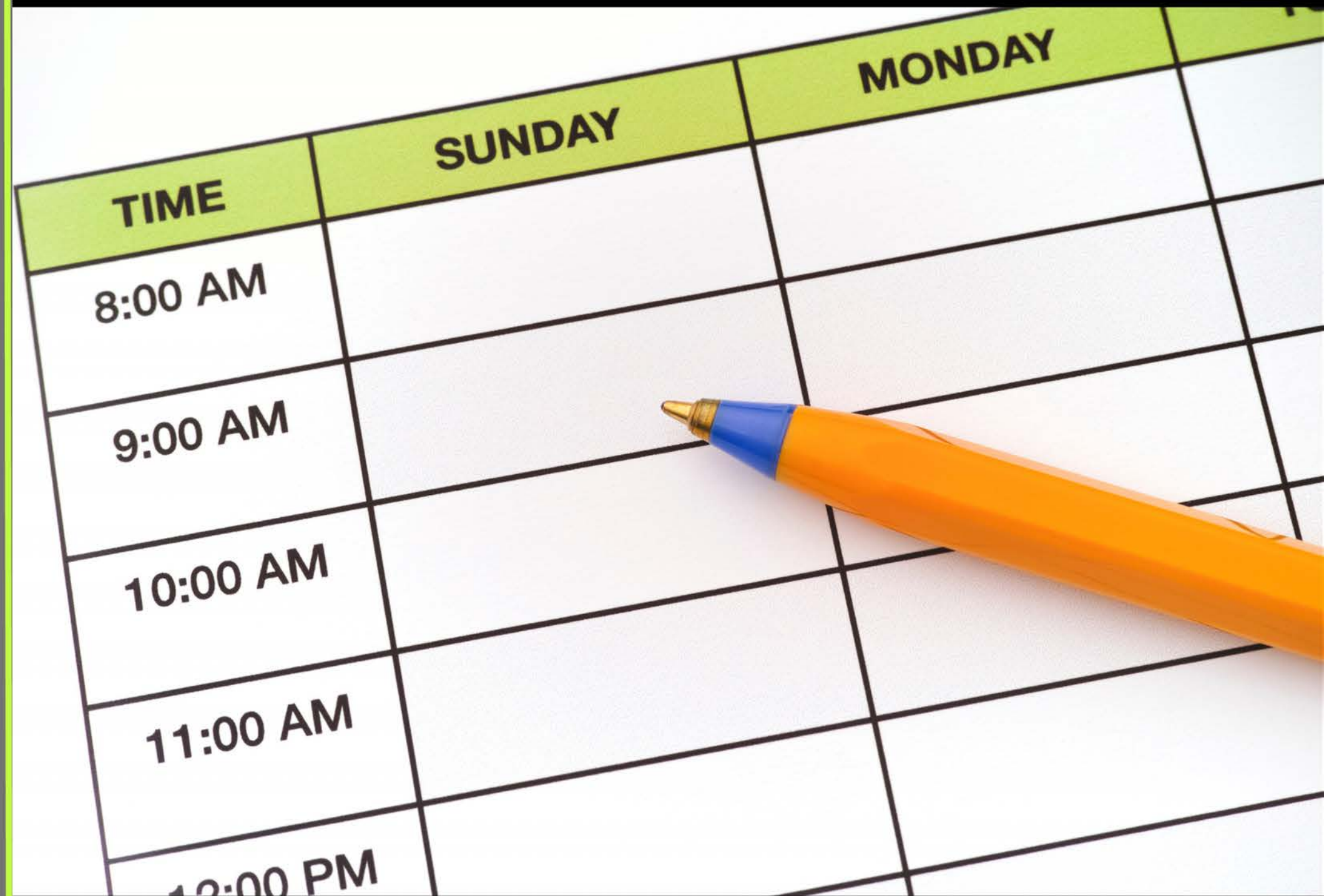


Skills for Work is designed for those who are exploring their first step into the workplace, or reacquainting themselves with workplace skills after a long break from work.

It is suitable for those wanting to develop workplace skills before applying for work.



What to expect?



Day 1: Skills for Collaboration

Learners will learn the importance of reliability and dependability at work, and understand employer expectations around attendance and punctuality.

The session also covers interpersonal skills, exploring communication styles and strategies for effective workplace collaboration and conflict resolution.



Day 2: Skills for Self-Management

Learners will examine common workplace expectations, learning to recognize behaviors that meet those standards. Learners will explore how personal presentation impacts job success, gaining insights into employer expectations and ways to boost self-confidence.

The session also explores strategies to develop self-awareness and appropriate workplace interactions. Learners will recognize proactive behaviors, and understand the role of goal-setting in taking initiative at work.



Day 3: Skills for Adaptability

Learners will learn to define adaptability, assess their own levels, and develop strategies to navigate changing work environments effectively. They will explore the impact of maintaining a positive attitude on work performance and relationships, learning to recognize and shift negative thinking patterns.

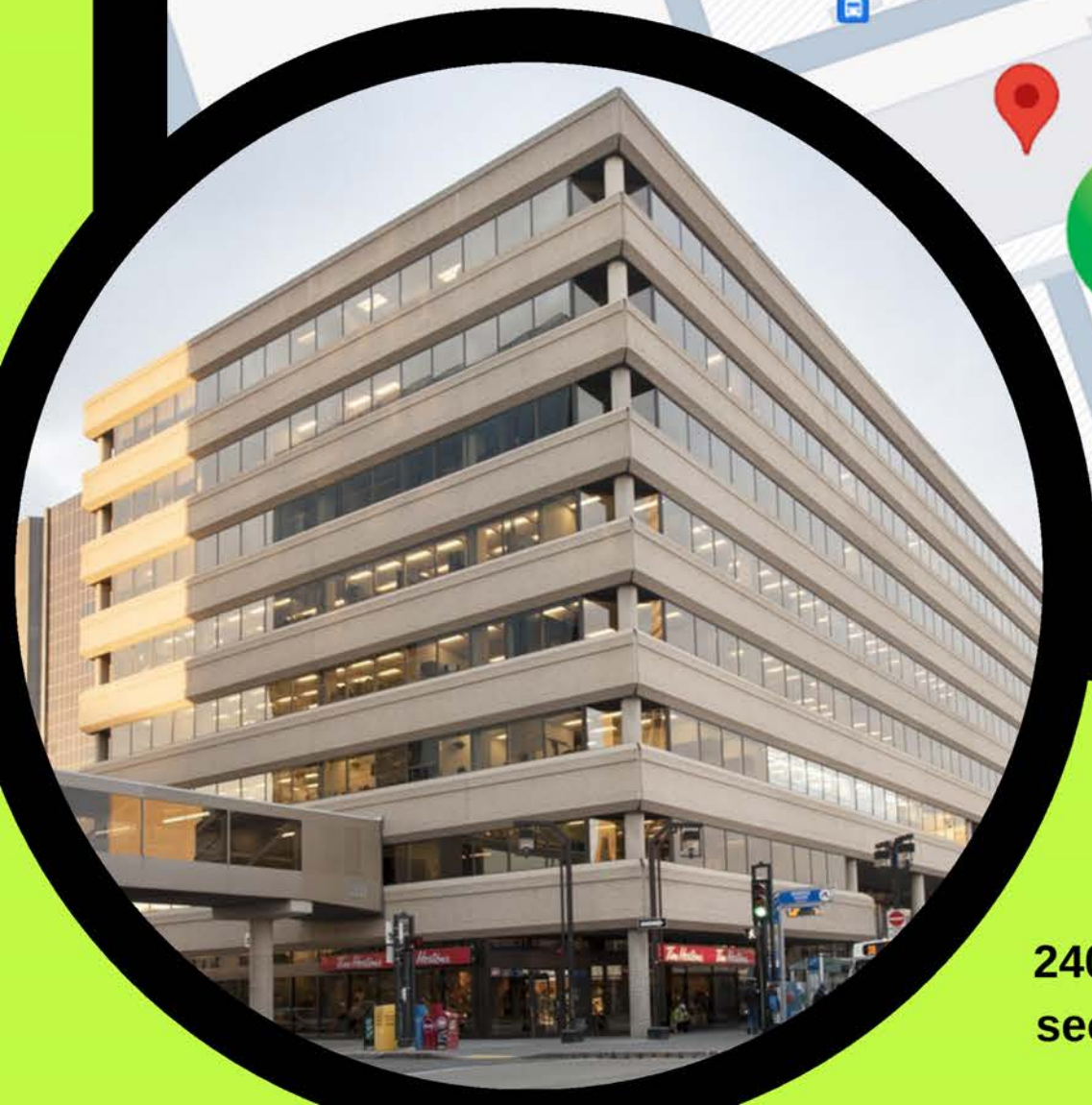
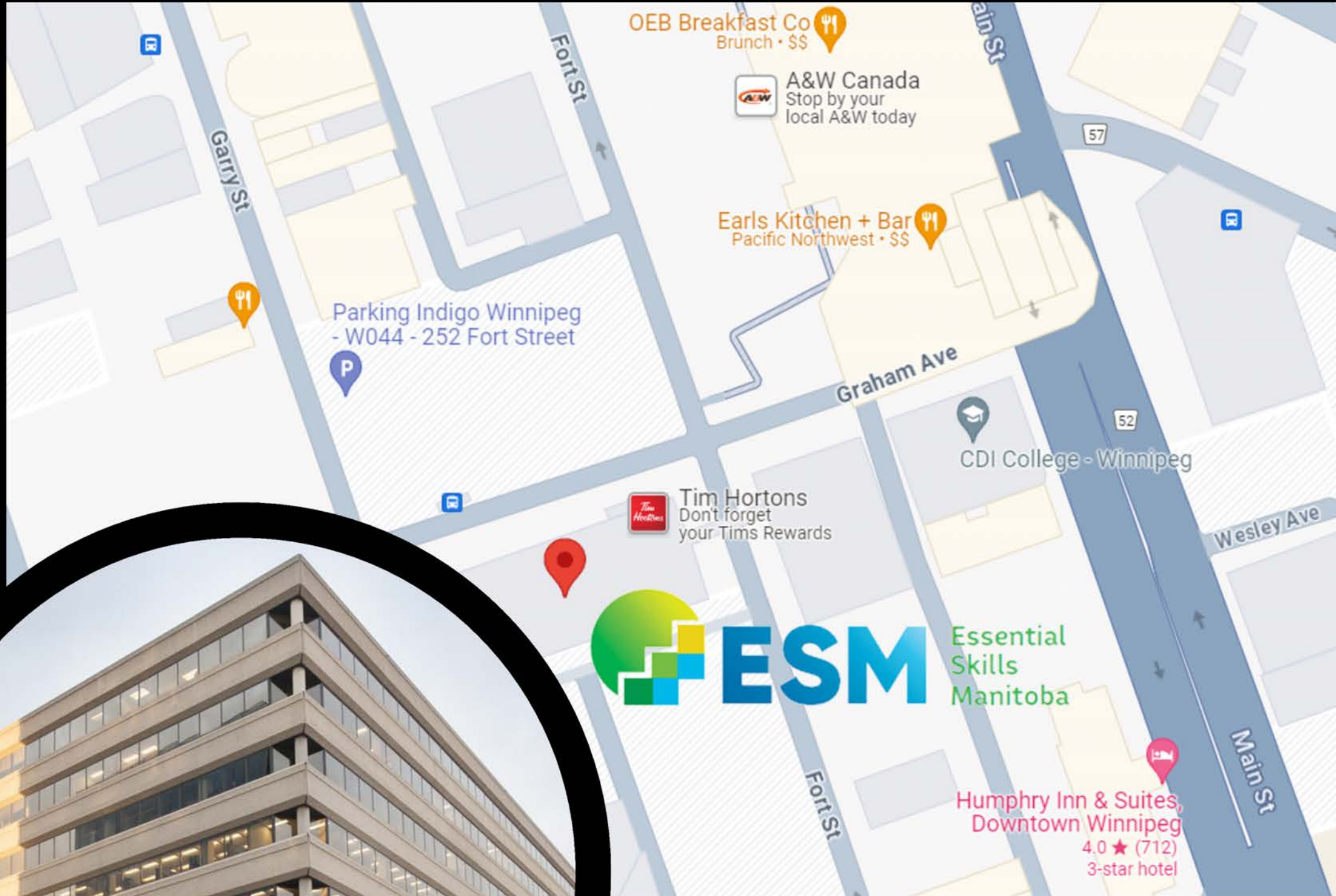
The session also addresses the importance of and strategies for managing workplace stress.



Day 4: Skills for Creative Thinking

Learners will enhance their decision-making, problem-solving, and organizational skills. They will learn to identify barriers, define problems clearly, and prioritize tasks, using strategies that improve efficiency and reduce stress in the workplace.





Accessible through the
skywalk

240 Graham Avenue, Unit 250
second floor, Cargill Building



Get started today!

Contact us at
info@esmanitoba.ca
or call 204-282-9980