



Upcoming **GROW** sessions

SKILLS



CALL US FOR DETAILS

Telephone: 204-282-9980



Email: info@esmanitoba.ca



<https://wem.mb.ca/about-esm/>

WHAT IS ?

GROW is a four-day workshop designed to help participants identify their strengths, understand transferable skills, and prepare for future employment or training opportunities.

Workshop Features

- Skills checks to help participants better understand their current abilities.
- Recognition of prior learning through guided self-reflection.
- Skills matching and job-skills exploration to connect strengths with employment options.
- Mentorship sessions that support participants in applying workshop learning to real-life experiences.



GROW

Workshop Steps

Step 1: Explore Skills and Employment Readiness

Participants learn about Manitoba job sectors and how skills can transfer across different types of work. They begin identifying their own strengths, needs, and workplace or training requirements, while developing stories that communicate employment readiness. The step concludes with an essential skills reflection to summarize key takeaways.

Step 2: Reflect on Skills Check Results

Participants use self-reflection and critical thinking to review and analyze their Skills Check results. Workshop activities help distinguish between skills and tasks, making it easier to identify transferable skills, abilities, and attributes. A mentor session helps participants connect this learning to their lived experiences and recognize the value they can bring to future employment opportunities.

Step 3: Connect Skills to Workplace Performance

Participants are introduced to the components of successful workplace performance, with a focus on skills for success and personal management basics. Through discussion with a mentor, participants connect these concepts to their own personal and workplace situations. Participants also complete a Skills Check and receive a report outlining their results.

ABILITY

SKILLS

KNOWLEDGE

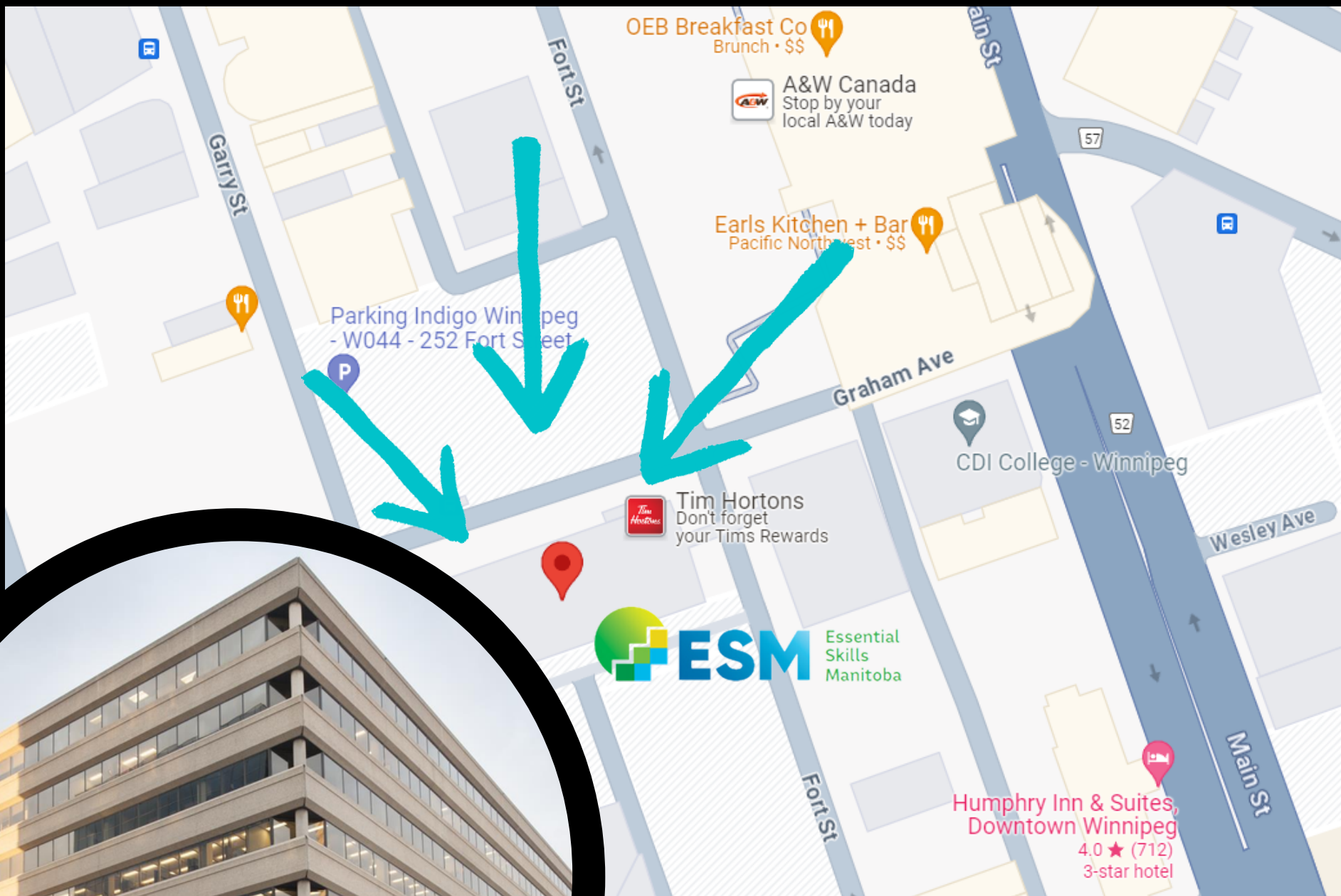
GROW

Who Will Benefit from This Program?

This program may be helpful for people who:

- Have limited or no work history.
- Would like support identifying jobs that match their skills.
- Want to transition from one type of employment to another.
- Are moving from school into employment.





Accessible through the
skywalk



240 Graham Avenue, Unit 250
second floor, Cargill Building



For more Info

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