Life Skill Workshop

EMPLOYMENT
As we gather here today, we acknowledge we are on Treaty 6 Territory and the Homeland of the Metis
OUTLINE

- Discussion
- Learning
- Activity
- Take-away
  - Employment Book

There will be scheduled breaks throughout the workshop but if you need to get up to move your body, go to the washroom, grab a snack or some water please do.
FASD & WORK

- Impulse Control
- Abstract Concepts
- Perseveration
- Changes to routine
- Time Management

- Memory
- Social Cues
- Overwhelmed
FASD

No two people are affected by FASD in the same way!
What makes a good employee?
GOOD EMPLOYEES ARE

- Responsible
- Customer friendly
- Dressed for the job
- Focused
- Cooperative
- Self-Control
EMPLOYMENT TERMS

- Wage
- Salary
- Commission
- Benefits
- Union
- Training
- Retire
- Pension
- Shift
- Break
TYPES OF EMPLOYMENT

- Self Employed
- Casual
- Part-Time
- Full-Time
- Seasonal
EMPLOYMENT SUPPORTS

• FASD Network
• Partners in Employment
• Linking Youth (ages 16-30)
• Work Experience Program
• YWCA Employment Services
YOUR INTERESTS

What are things that interest you?

Examples: Cars, animals, drawing, building things, decorating, cooking
SKILLS

Skill: The ability to do something really well

What are your skills?

Examples: Artistic, good with animals, building with wood, etc.
What counts as work experience?
WORK EXPERIENCE

• Paid Work
• Volunteer Work
• School Work Experience
• Job Shadowing
Worksheet: Resume
JOB SEARCH

- Websites
- Local Newspaper
- Employment Agencies
- Job fairs
- Asking friends/family/support workers
Worksheet: Job Application
It’s your choice if you wish to disclose to your employer if you have a disability.

Employers have a *duty to accommodate* under the Saskatchewan Human Rights Legislation.

The employer does not need to know your diagnosis, but they need to know the obstacles. Example: Needing a structured schedule.
What is it?
• The employer asks questions to see if you’re a good fit for the job
• Your chance to tell and show the employer why you would be a good fit for the job

Tips:
• Practice and be prepared
• Be on time or 15 minutes early
• Ask the person to slow down or repeat the question if needed
INTERVIEW QUESTIONS

• Can you tell me about yourself?
• Why would you like this job?
• What are your strengths?
• Are you able to work outdoors?
• What shifts can you work? (Day, Evening, Overnight)
JOB PREPARATION

- If you have kids, do you have childcare lined up or someone to take them to school/pick them up?
- Do you need to pack a lunch with you?
- Do you know how to get there?
- Are your clothes clean and ready to wear?
This workshop we discussed Employment, we went over what makes a good employee, different types of employment and supports, and worked on our Employee Workbook.
Next Workshop: “Parenting”

January 21st, 2019

In the next workshop we will discuss parenting tips and strategies including the creation of a family book to keep important information in one place!
Cultural Resources

- White Buffalo Youth Lodge
- Saskatoon Tribal Council
- Saskatoon Indian and Metis Friendship Center
- Central Urban Metis Federation Inc.
SUPPORT

- One-on-one education
- Discuss your challenges and strengths
- Create strategies you can use in your daily life
- You can access for as long as needed
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