

Life Skill Workshop

# **EMPLOYMENT**

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

# OUTLINE

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- 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.

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# FASD & WORK

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- Impulse Control
  - Abstract Concepts
  - Perseveration
  - Changes to routine
  - Time Management
  - Memory
  - Social Cues
  - Overwhelmed
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# FASD

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No two people are affected by FASD in  
the same way!

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**What makes a  
good employee?**

# GOOD EMPLOYEES ARE

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

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

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

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

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What are things that interest you?

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

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# SKILLS

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Skill: The ability to do something really well

What are your skills?

Examples: Artistic, good with animals, building  
with wood, etc.

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**What counts as  
work experience?**

# WORK EXPERIENCE

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- Paid Work
  - Volunteer Work
  - School Work Experience
  - Job Shadowing
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# Worksheet: Resume

# JOB SEARCH

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- Websites
  - Local Newspaper
  - Employment Agencies
  - Job fairs
  - Asking friends/family/support workers
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# Worksheet: Job Application

# DISCLOSING

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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.

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# INTERVIEWS

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## 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
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# INTERVIEW QUESTIONS

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- 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)
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# JOB PREPARATION

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- 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?
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**FAITH**

**ABILITY**

**STRENGTH**

**DETERMINATION**

# RECAP

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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.

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# 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

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

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- 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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# Riki

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