



Career Building Skills Program

The building blocks for your career

An Information Packet for Interested Participants

The Career Building Skills Program is a program that is currently being offered at Tewatohnni'saktha. The CBS Program is a unique program designed to assist community members who are interested in gaining valuable social, essential and work skills that will better prepare them in entering the labour market.

Are you currently “under-employed”, which includes being un-employed?
Do you really want to get into a sustainable employment situation?

Would it help if you could:

- **Better understand your personal priorities, including what type of work would best fit your aspirations and potential skills;**
- **Learn more about community resources, organizations and services offered;**
- **Gain valuable insight into who you are, including what motivates you, and begin identifying potential setbacks and past experiences;**
- **Gain a better understanding of Québec's education system, including day trips to local schools;**
- **Get some real on-the-job experience all while earning a salary and practicing various skills learned through the CBS Program,**
- **Increase your competence and self-confidence in accomplishing your goals;**
- **Get yourself successfully oriented towards training that will lead directly to employment, or help you progress to further educational opportunities for future jobs?**

If one or more of these apply to you, and if you seriously do *want to help yourself succeed*, **we have a program specifically geared for you.**

The CBS Program can be particularly helpful to young adults and young parents who want to get a more solid footing in the labour market and become good role models for their children.

Successful CBS participants will progress steadily towards either:

- Training leading directly to regular employment; or
- A post secondary education that further enhances employment options.

The “benefits” for Participants

The CBS Program is a new approach specifically designed to assist the targeted clientele through a comprehensive, intense, guided training program – with financial support – to address the following five (5) core goals:

- I. **Personal and social skills development:** designed to help the participant develop and maintain effective relations; organize and manage her/his time; and improve self-discipline, health, financial management and other life skills.
- II. **Career Planning:** assisting the participant to set realistic goals; providing training and work sampling; helping to assess "good fit" employment opportunities, exploring education and training options available and showing how to balance work with family responsibilities.

Academic Sampling: This component will also include a 2 week academic sampling session in which each participant will have the opportunity to visit and explore various local academic and training institutions that are available to them. This is designed to open the minds and awareness of each individual to begin thinking of educational and training options.

- III. **Language and culture development:** building on our Mohawk language and culture as a strong base from which to work and function effectively in other languages and cultures, including French and English.
- IV. **Work skills development:** The CBS Program provides specific work skills training including communication skills, work discipline, conflict resolution, telephone and computer skills, teamwork skills, and meeting performance standards.

Work Placement: This component also includes an on-the-job real work experience designed to allow participants the opportunity to utilize new skills and competencies gained in the CBS program. It will also serve as an opportunity for participants to determine what types of work are best suited to her/his aspirations and aptitudes. This can greatly enhance personal confidence in career choices and motivate the individual to pursue and succeed in the relevant vocational or other post secondary training.

- V. **Work readiness, transition and start-up skills:** The program guides the participant in finding a “good fit” job, applying for work, writing a resume, preparing for a job interview, and preparing to succeed on the first days on the job.

Successful graduates from the CBS Program will emerge with a good understanding of their personal capabilities; and, new skills and experience that will give them a stronger sense of self-confidence and enable them to better succeed in their next career steps.

Some graduates can be expected to enter directly into general skills positions in the labour market. However, most graduates will likely *progress – with renewed confidence - into specific vocational training or other post secondary education that will prepare them for targeted employment situations.*

The 16 week training program (6 week work placement included)

- 4 weeks of Instruction (In class instruction)
- 1 week academic sampling (visiting schools and training centers)
- 4 week on Instruction (In class instruction)
- 6 week work placement
- 1 Final week follow-up

Next session begins Thursday January 6, 2011

If you are interested in participating in the CBS program, please fill out an application form and return to Tewatohnhi'saktha. Deadline for applications is Friday November 26th at 4:00pm. For any additional information or inquires please contact the CBS Coordinator Kara Paul at *Tewatohnhi'saktha*, 450-638-4280.