

She-Covery Response: Building Skills For Work



The She-Covery Response: Building Skills For Work Program is a FREE program to help women who are unemployed or underemployed due to COVID-19 to access mental health services, participate in training opportunities, and connect with job search supports through Employment Ontario.

If you identify as a woman who has been laid off or is underemployed, and can benefit from upskilling or re-skilling, this program is for you!

You get access to three key services:

1 MENTAL HEALTH SUPPORT

The She-Covery Response program offers you a safe space to identify who you are, what you bring, and where you want to go. It helps you to redefine your life and career goals by helping you develop an action plan and track your own progress.

Ongoing Holistic Well-Being & Mental Health Workshops

Overcoming Job Search and Performance Anxiety

Learn how to improve your confidence and manage fears of public speaking or of putting yourself out there in different situations (job interviews, phone calls, conference calls, Zoom and/or in-person presentations).

Mission, Passion, and Career

We spend a large part of our lifetime at work, so it is important to learn about the factors that can lead to choosing a career which is fulfilling. In this workshop, you will reflect on some of these factors that may help you choose a career path that brings you satisfaction.

Become a Self-Starter

Reflect upon the reasons we tend to postpone or avoid taking actions and making the decisions that are necessary to fulfill our dreams. Build and sustain self-commitment and purpose by staying motivated and developing habits that are essential to reaching your personal and professional goals.

2 TRAINING EMPLOYABILITY SKILLS

Through a thorough needs assessment and development of a life and career plan, we determine which online training courses you will need. Once your plan is confirmed, you will gain access to the training sessions. You can complete these courses on your own time and will receive a certificate after finishing each one (see next page for the list of available courses).

3 DIRECT REFERRALS TO EMPLOYMENT ONTARIO AGENCIES

We will connect you with Employment Ontario agencies and other resources that can help you with:

- Job market exploration
- Resume building
- Interview preparation
- Finding meaningful employment and/or internship

See next page for contact information if you are interested in registering for these workshops or have any questions.

Visit our website: www.mnlt.org/she-covery



You can complete the following courses on your own time and will receive a certificate after finishing each one.

1. Skills you Need for Workplace Success
2. Women and Leadership: Owning Your Strengths and Skills
3. Working Smarter: Using Technology to Your Advantage
4. Managing the Virtual Workplace
5. Becoming Management Material
6. Diversity Training: Celebrating Diversity in the Workplace
7. Negotiating for Results
8. Fostering Innovation
9. Emotional Intelligence
10. Digital Transformation
11. E-Commerce Management
12. Crisis Management
13. Beyond Workplace Politics: Using Social and Emotional Competences
14. Building Relationships for Success in Sales
15. Public Relations Bootcamp

ESSENTIAL EMPLOYABILITY SKILLS

Based on your individual needs, the courses above will help you to get and/or improve the **5 Essential Employability Skills** needed to succeed in the workforce. They are:

1. Communication
2. Numeracy
3. Critical Thinking & Problem Solving
4. Information Management
5. Personal & Interpersonal

INTERCULTURAL COMMUNICATION IN THE CANADIAN WORKPLACE (ICCW) COURSE

In partnership with Ryerson University

This course series is offered through Ryerson University's Workplace Communication in Canada (WCC) Program which helps internationally and Canadian-trained individuals develop the intercultural communication and soft skills necessary for meaningful employment and career mobility in the Canadian labour market.

Who is eligible?

If you:

- self-identify as a woman
- live in Ontario
- currently face unemployment or underemployment
- are eligible to work in Canada (EO referrals)



Where are these services offered?

The activities of the program were designed to be delivered virtually however, once allowed by health authorities, a hybrid model will also be implemented to meet participants' learning needs – this will be assessed on a case-to-case basis.

The Centre's location at 1122 Finch Avenue West would be our "home" office for the program, however, we envision taking our training to employer sites as well and out into the community at large when public health authorities allow.

When can you register?

We offer continuous intake. You can register whenever you are ready to join!

How to apply

If you are interested in registering for these courses or have any questions, contact:

Lizeth Teran

Email: shecovery@mnlct.org,

Phone: 647-776-2057 x 3341

Lizeth Teran guides each participant through the application process and explains what they can expect from the program.

Visit our website for more information:

www.mnlct.org/she-covery