



Soft Skills Programming

Title	Description	Outcomes
It's All Fun & Games! (Self-Identifying Leisure Interests)	This program is an opportunity for participants to collaborate with their peers to consider the ways that they most enjoy spending their time. Through a survey and other activities participants navigate how their leisure interests positively impact their lives and well-being.	Participants are supported in identifying leisure interests while being exposed to new ideas. Participants leave with a tool kit of leisure activities to pull from and refer to in times of stress

Emotional Awareness This series focuses on the emotional domain and aims to provide various coping strategies for managing challenging emotions.		
Title	Description	Outcomes
Building Self-Esteem	During this program participants explore different tools that can build self-worth as well as methods to combat times of negative self thoughts. Participants are encouraged to consider their own sense of self and what their internal dialogue sounds like.	This program promotes positive self-talk, encourages self reflection, and introduces several exercises that fosters self-care and acceptance.
The Red Zone (Understanding Anger)	During this program, participants discuss various strategies to help understand and cope with feelings of anger. Participants also consider the different approaches to managing anger in the moment, while also building healthy habits to process feelings of anger before they become explosive.	This program encourages patience and mindfulness while promoting skills sets such as empathy, self-awareness, and resilience.

Employment This series provides resources and education around finding and securing healthy employment opportunities with a focus on hard skills.		
Title	Description	Outcomes
Career Discovery	During this program, participants are provided with a safe space to consider various career paths that best suit their lifestyle. Participants have opportunities to research what a day in the life of specific careers of their interest might look like.	Aims to support confidence in exploring a variety of career paths with an emphasis on personal interests, skill sets, and goals.

Setting Up for Success (Goal Setting)	This program focuses on goal setting and how to set SMART goals. Participants are encouraged to consider their career goals and be supported in creating an individualized plan for success.	Explores the process of setting SMART career goals and the steps required to accomplish them.
Workplace Readiness Skills	During this program, participants discuss the difference between hard and soft skills. They are encouraged to consider their areas of strength in each as well as areas for improvement.	Promotes self-awareness through the exploration of personal strengths and weakness while offering guidance on fundamental skill development.
Building Your Resume	During this program, the facilitator guides participants through a mock resume and outlines the various key elements that can be included. Participants have the opportunity to build their own resume and receive support from the facilitator and their peers along the way.	Promotes an enhanced understanding of the building blocks to creating a resume, professionalism, and self awareness.
Online Job Search	This program helps participants to navigate the different ways to search for a job and consider the increasingly popular online job boards. Participants are guided through a mock job posting and supported in navigating the different key elements.	Explores various methods to search for a job while supporting independence, attention to detail, and-critical thinking.
Interviewing Skills	During this program, participants watch a mock interview and compare the good interview strategies from the bad. With the guidance of the facilitator, participants consider the elements of a good interview and how to practice professionalism and confidence when applying for jobs.	Aims to demonstrate the elements of a good interview with emphasis on active listening, professionalism, and confidence.
Professional Boundaries & Barriers	This program starts by discussing the concept of boundaries and how to set and respect boundaries in the workplace. The facilitator explores what barriers are and encourages participants to consider the barriers they face when applying for work.	Promotes self-awareness through setting up professional boundaries in the workplace with an additional emphasis on advocacy
Safety First! (Workplace Health & Safety)	This program focuses on the importance of safety in the workplace and discusses the many potential dangers that can be faced in various career types.	Promotes self-awareness through setting up professional boundaries in the workplace with an additional emphasis on advocacy.

Financial Literacy

This series aims to support independence and confidence with personal finances by providing participants with knowledge and resources for everyday life.

Title	Description	Outcomes
Healthy Spending Habits	This program explores how to decrease feelings of overwhelm due to lack of knowledge about finances and aims to empower participants to become more independent and confident about money.	This program lends to goal setting, financial literacy, self awareness, and strategic thinking/problem solving.
What Is Credit?	Credit can be difficult to navigate, however it can also lend to independence for young adults. This program discusses healthy habits related to having a credit card and the dos and don'ts of borrowing money.	This program helps to break down the common questions around credit and help to build confidence, independence, and responsibility.
Budgeting	During this program, participants discuss the importance of budgeting. The facilitator guides participants through practice exercises to help build understanding of the importance of budgeting when independently managing your money.	This program supports skill sets including organization, self awareness, strategic planning and setting goals.

Global Citizen

This series encourages participants to exercise healthy practices within their communities to promote personal and global well-being.

Title	Description	Outcomes
Volunteerism	This program explores the many benefits of volunteering, both in terms of personal advancements as well as for your community. Participants are encouraged to consider their own volunteer history and/or ways they can get involved moving forward.	Promotes community engagement, generosity, and empathy with an emphasis on building new skills and gaining experience.
The Kindness Project	This program places an emphasis on random acts of kindness and the ripple effect this can have on your community. Participants are encouraged to consider ways they practice kindness in their day-to-day lives, including to themselves.	This program explores kindness through various lenses while encouraging participants to be empathic to one another and understand the impact that kindness has.
Impacting Your Community	During this program participants explore the many ways in which individuals can impact their communities and the benefits that this can have on social health and well being. Participants also have a chance to consider role models in their communities and ways in which they can mentor others.	This program utilizes skill sets and ideas from the global citizen workshops to explore different ways individuals can make an impact on their community. Participants are exposed to creating a sense of connection, self-esteem, and leadership skills.

Global Citizen Poster	This program gives participants a space to come together with their peers and create an art project that represents ways in which they practice healthy and positive citizenship at home and in their communities.	Through this session, participants connect their learning and reflections to the world around them continuing to explore being a global citizen.
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Identity & Culture		
This series challenges participants to practice self-awareness when exploring their identity and cultural practices. This series fosters a mindset of acceptance and respect for those different from yourself.		
Title	Description	Outcomes
Exploring Diversity	This program explains what diversity means and how individuality can make the world a more interesting and exciting place to live in.	This program aims to promote global awareness, acceptance, kindness and empathy, and common interests.
A Potato Named Bob (Exploring Identity)	This program encourages participants to consider their own identities and the various elements that impact who they are as a person.	This program lends to self awareness, goal setting, communication, and self esteem.

Life Skills		
This series promotes the exploration and improvement of various soft skills which can lend to success and confidence in various areas of life.		
Title	Description	Outcomes
Problem Solving	Participants explore various challenging circumstances and work together with their peers to solve difficult problems.	This program lends to critical and strategic thinking, independence, and team building.
How to Approach People	Participants discuss the emotions that can arise when approaching new people and situations and strategize coping methods to help reduce social anxiety.	Aims to support confidence, stress management, emotional regulation, and communication skills.
Leadership & Entrepreneurship	Participants are encouraged to consider the good leaders in their lives and what qualities they possess. As a group, participants discuss the concept of entrepreneurship and how to explore this path to meet personal goals.	Critical thinking and positive responses to life-based situations are practiced; fostering self-efficacy, self esteem, and self-expression while exploring how we can implement skills of leadership into our everyday practice.
The Power of YET (Growth vs Fixed Mindset)	Explores the difference between a growth versus fixed mindset and how to practice "The Power of Yet" when learning new skills and engaging in new experiences.	Aims to support a positive attitude, perseverance, and confidence.

Choices Challenge (Making Decisions)	During this program, participants discuss what can make decision making so challenging, and ways to reduce uncertainty and anxiety. Participants are presented with various scenarios and work together with their peers to practice healthy decision making.	Promotes skill sets such as problem solving, strategic thinking, and confidence when tackling challenging decisions.
Healthy Relationships	Explores the qualities of healthy romantic relationships, advocating for oneself, and the importance of independence and personal interests.	Aims to super interpersonal skills, communication, and self worth.
Time Management & Organization	Reviews a variety of tools and techniques for maintaining organization and effectively managing and prioritizing responsibilities.	Promotes self-awareness, strategic planning, and productivity.
Social Spaces	This program explores healthy interpersonal skills and utilizes activities and role play to help foster confidence in social situations.	Social Spaces aims to foster confidence and self-esteem while helping to combat social anxiety.
Active Listening & Communication	During this program participants discuss the importance of active listening and how it can impact relationships, learning, and professional goals. Empathy is also discussed and practiced.	Aims to support skill development in areas such as non-verbal communication, manners, social etiquette, and empathy.

Stepping Into Independence		
This series covers various skills to help foster confidence in independent living. Through a variety of exercises, participants are encouraged to try new things and consider ways in which they can challenge their comfort zone in a safe and healthy manner.		
Title	Description	Outcomes
How to Be a Good Roommate	During this program participants explore the many things to consider when having a roommate and different practices and habits to consider when living with someone else.	Promotes empathy, compromise, and active listening while exploring the many elements of sharing a living space.
Creating Routines	This program explores creating morning and night routines and how they can help to create a foundation to individual goals. Participants are provided with templates and various strategies that they can use to implement healthy routines in their everyday lives.	Explores how to create healthy and productive morning and night routines that lead to a healthy lifestyle and personal goal development.
Cooking Club	These hands-on and interactive programs give participants an opportunity to practice their cooking skills with snacks, breakfasts, easy lunches, and more!	Reviews kitchen safety and useful cooking tips while promoting confidence and independence in the kitchen.

Active Living & Meal Planning	This program discussing the importance of movement and nutrition and ways to bring these into your routine with small manageable changes.	Aims to support a healthy lifestyle through exercise and realistic nutrition goals.
Squeaky Clean (Personal Hygiene & Self Care)	This program discusses the importance of a good hygiene practice for personal and professional success. Participants are provided with tips and strategies to implement healthy self-care and cleanliness practices in their everyday lives.	Promotes healthy habits and independence in relation to taking care of one's own body and mind.
Are We There Yet? (Commuting In Your Community)	During this program, participants are guided through the different ways that they can commute in their own communities. Participants are given demonstrations and support on using maps, asking for directions, and searching for which commuting options are available in their area.	This program aims to increase confidence and independence through the understanding of commuting options and strategies.

Wellness		
This series explores different avenues that can support overall well-being for the different domains, in a fun and interactive environment.		
Title	Description	Outcomes
Meditation & Mindfulness	This program explores the difference between meditation and mindfulness and how it can impact your overall health and happiness. Through a series of guided activities and exercises, participants can practice these skills and be provided with resources and strategies to bring them forward after the program.	This program aims to promote self-care, emotional regulation, mental well-being, and resilience.
Me, Myself, and I (Making Space for YOU)	This program places an emphasis on the benefits and importance of solitude. While socialization can be equally as healthy and enjoyable, spending time alone can be fantastic for your well-being. Participants are encouraged to consider the ways they like to spend time alone and how solitude makes them feel.	Explores the benefits of spending time alone and how to make space for leisure and relaxation.
Domains of Well Being	This program explores the Social, Physical, Mental, and Spiritual domains of wellbeing and everyday practices and activities that can help to enhance them.	Aims to support a holistic lifestyle. This program explores varying tips and strategies to intentionally bring contentment in everyday life through determining personal goals.