

Please make copies and post on your Community Bulletin Board



She Works

Readiness

Training

Series

1. Career Builder

A five-day immersion training series to prepare Aboriginal women in their community to apply for a WBF program. Includes:

- Information Session and Career Decision Making Workshop
- Opportunities for women in construction, mining and oil & gas industries
- Math Instruction - preparing for WBF entrance exams
- Workplace Culture Awareness™
- Filling out the application to WBF programs
- Career Investigation Report - guest speakers
- WBF Assessment Success - assessments on-site
- Self-discovery - making healthy choices
- Barriers to Success - action and readiness planning
- Resume writing support
- Overcoming your fears and building your courage to make change
- Prepare for the WBF Interview process - improving your communication skills

2. Career Essentials

A two-day comprehensive training series to prepare Aboriginal women in their community to apply for a WBF program. Includes:

- Opportunities for women in construction, mining and oil & gas industries
- Career Decision Making Workshop
- Workplace Culture Awareness™
- Math Practice - preparing for WBF entrance exams
- Barriers to Success - action planning
- Resume writing exercises, interview skills and communications
- Applying to WBF programs review
- Career Investigation Reports - overview
- Sharing Circles - overcoming your fears and building your courage to make change



Women Building Futures
Work Proud

"I love to see people succeed. WBF gives me the opportunity to assist our Aboriginal women make the transition from having a job, to having a career!"

- Corey Wells, WBF Aboriginal Engagement Advisor

3. Career Basics

A one-day training workshop to prepare urban Aboriginal women to apply for a WBF program. Includes:

- Opportunities for women in construction, mining and oil & gas industries
- Career Decision Making Workshop
- Workplace Culture Awareness™
- Application support to WBF programs
- Career Investigation Report - support
- Barriers to Success - action planning

4. Academic Readiness

A four-week academic upgrading course to prepare Aboriginal women to write the Pre-apprenticeship, Category B Trade Entrance Exam to qualify for a WBF program. Includes:

Mathematics

- Calculator Skills
- Fractions
- Imperial System
- Ratio & Proportion
- Number Concepts
- Convert Decimals to Feet & Inches
- Metric System & Metric Conversions
- Percent

Science

- Matter
- Pressure
- Heat & Temperature
- Density
- Simple Machines
- Electricity

5. Application Solutions

A two-day workshop to assist Aboriginal women who have applied for a WBF program and been unsuccessful. Includes:

- Application Review
- Increase Readiness
- Recognizing and Overcoming Barriers

To schedule a training series for your community, contact:

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