

Lived Experiences as Transferable Skills

YWCA Building Sustainable Futures

Prepared by YWCA Moncton as part of the curriculum of **Employment My Way**, which was the program documented for Phase Three of the YWCA Building Sustainable Futures project.

We're glad you're here!

House Keeping



Portfolio Development: What is it, and why partake in the process?

- Mechanism for managing lifelong learning
- Improves writing skills
- Clarifies career and educational goals
- Enhances motivation and self-confidence
- Improves networking and interviewing skills



The Nine Essential Skills

- ✓ Continuous Learning
- ✓ Thinking
- ✓ Oral Communication
- ✓ Writing
- ✓ Working with others
- ✓ Computer use
- ✓ Document use
- ✓ Numeracy
- ✓ Reading



Warm Up



Goal

- To explore lived experience as it relates to our skills and abilities.



“Because of my varied work and life experiences, I am an adaptable, flexible and skilled person who hits the ground running”

Skill Practice

Step 1: Life Event	Step 2: Learning/observations TASKS to move forward...	Step 3: Skills, characteristics, attributes
Personal Experience: Let go from a job	<ul style="list-style-type: none">- Learned that the field I was in was not right for me- Team dynamics; what is good for some is not good for others- Education does not equal success	<ul style="list-style-type: none">- Adaptable- Work ethic- Willpower

Skill Practice

Step 1: Life Event	Step 2: Learning/observations TASKS to move forward...	Step 3: Skills, characteristics, attributes
Personal Experience: Took a year off to raise a child	<ul style="list-style-type: none">-Followed a schedule-Read books and took parenthood courses	<ul style="list-style-type: none">-Skilled at time management and multitasking-Learned to multitask and delegate when needed-Creative and good listener

Moving Forward With Confidence And Clarity

Make a list of recurring skills, tasks or traits and put them into your resume under Highlight Qualifications.



How are you feeling ?



ALWAYS BE TRUE
TO YOUR FEELINGS
BECAUSE THE
MORE YOU DENY
WHAT YOU FEEL
THE STRONGER IT
BECOMES

Thank You