

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.

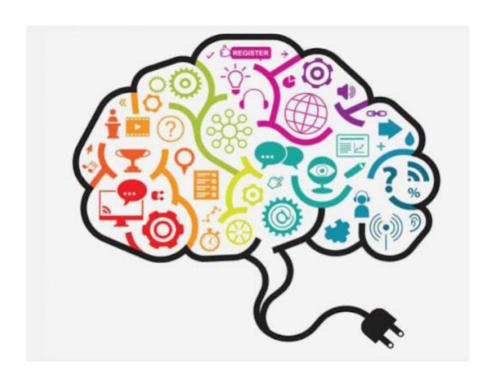


Because of my varied work and life experiences, I am an adaptable, flexible and skilled person who hits the ground running,

Creating a PLAR Web

All learning is valid—regardless of where it occurred

- Education & Training
- Life events: having a child, change in partners/relationships, moving, changing careers, health—any shift in your world
- Places where you've lived
- Employment/jobs/experience: stay-at-home mom, student, casual/temp, responsible for home tasks



Skill Practice

Step 1:	Step 2:	Step 3:
Life Event	Learning/observations	Skills, characteristics,
	TASKS to move	attributes
	forward	
Personal Experience:	- Learned that the field I	- Adaptable
Let go from a job	was in was not right for me	- Work ethic
	- Team dynamics; what is	- Willpower
	good for some is not good for	
	others	
	- Education does not equal	
	success	

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	-Followed a schedule -Read books and took parenthood courses	-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