Workforce Development: 2021 Program
St. Anthony’s Workforce Development Program: 2021 Program

St. Anthony’s Workforce Development Program takes a holistic, trauma-informed approach to job preparation by building resumes and resilience. We offer three one-week workshops designed to jumpstart self-knowledge and development, along with a three-week masterclass that combines emotional intelligence training with a traditional job readiness curriculum. Upon completion of the masterclass, trainees put what they’ve learned into practice through internships at St. Anthony’s and facilitated externships at other organizations. Throughout this process and beyond, trainees work with one of Workforce Development’s certified career planners for one-on-one support.

One-Week Workshops

Our rigorous one-week workshops are designed to give trainees the tools to understand and optimize their cognitive and emotional processes, resulting in better decision-making and increased resilience.

**Self Science of Emotional Intelligence**

By gaining awareness of their emotional experiences, trainees learn to regulate their emotions and control their responses. This workshop uses the 6 Seconds model of Emotional Intelligence.

**Goal Setting, Intrinsic Motivation, Growth Mindset**

Trainees learn to identify their unique strengths and use them to channel motivation in service of their goals. Challenges are reframed as opportunities to develop grit and resilience.

**Brain in Mind Thinking**

This workshop delves into the automatic nature of thinking and thoughts. By understanding how the brain works, trainees learn to identify, challenge, and alter unhelpful thought processes.
**Three-Week Masterclass: Setting Sail**

Our signature three-week masterclass bridges previous training on self-development with a traditional job readiness curriculum. By the end of the program, participants will know how to pursue opportunities that align with their long-term goals and have the skills to create workplace satisfaction once they are working.

**Week 1**
Trainees build upon previous emotional intelligence training, developing their strengths and identifying their values. By learning what motivates them, trainees discover how to bring their best selves to work.

**Week 2**
Trainees work with career planners to create a job-seeking strategy that reflects their goals and purpose. By the end of the week, trainees will have a resume and cover letter, know how to network, and be prepared to promote their “brand” in interviews.

**Week 3**
The final week focuses on developing and maintaining trainees’ well-being. Using mindfulness techniques drawn from Acceptance and Commitment Training, participants learn self-care strategies that mitigate stress and disrupt "unworkable" tendencies.

**Work Based Learning**

**Internship:**
After completion of the masterclass, trainees can continue learning with a month-long internship at St. Anthony’s. This allows participants to integrate knowledge from the classroom into practical workplace experiences, while continuing their employment search.

**Externship:**
The St Anthony’s Externship program coordinates and arranges referrals to various upskilling and accreditation training agencies. Meeting the needs of today’s challenging job market, the externship provides ongoing real-life experience in a supportive environment.

**Job Preparedness and Career Navigation**

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