

GROW

Getting Ready for Opportunities at Work A Competency Based Learning Workshop Series

What is GROW?

A workshop series designed to prepare you to job search and thrive in the workplace by building:

- Essential and Life Skills
- Employability Skills
- Skills for Success Foundations

How It Works

- 16 topics delivered in short, manageable sessions
- Runs each Wednesday for 10 consecutive weeks
- Program begins on October 7 and runs until Dec 9, 2026
- Offered in person or virtual group setting



Eligibility

- Must be an active WorkBC Client
- Must be connected to an Employment Counsellor

<i>Introduction + Digital Literacy</i>	<i>Planning + Goal Setting</i>	<i>Problem Solving</i>	<i>Time Management + Organization</i>
<i>Collaboration</i>	<i>Adaptability</i>	<i>Lifelong Learning</i>	<i>Work Culture + Safety</i>
<i>Communication</i>	<i>Creativity + Innovation</i>	<i>Money Matters</i>	<i>Know Your Values</i>
<i>Self-Esteem</i>	<i>Health + Personal Care</i>	<i>Finding Meaning in Your Work</i>	<i>Shine on the Job</i>

**Connect with your Employment Counsellor today,
or register for an upcoming information session by calling:
250-286-3441 or toll free 1-866-286-6788**