

## WKWA Gender, Trades and Technology Course Components

2-12 week programs: 6 hours a day/3 days a week – developmental training for women considering technical training . Develop relationship with Kootenay Career Development Society, The Greater Trail Skills Centre and Selkirk College to deliver:

### **Personal and Professional Development:**

Self – Assessment

Identify and respond appropriately to societal barriers

Compassionate communications

Conflict resolution

Assertiveness training

Manage the requirements and responsibilities of home and work: time management, personal support systems, etc.

Apply effective stress management techniques

Define and describe implications of racism, sexism, heterosexism and discrimination

Recognize the contributions of other cultures

Develop and apply effective problem solving, decision making and goal setting

Recognize and respond appropriately to harassment or bullying

### **Occupational Health and Fitness:**

Identify occupational requirements for fitness

Demonstrate appropriate workplace physical techniques

Develop hand/eye coordination and dexterity

Develop and implement a personal fitness plan

Develop media production skills in video

### **Handle work related issues:**

Describe the history and status of women in work and society

Describe current labour standards practices and human rights legislation

Describe the current apprenticeship structure and practice

Identify the role of unions

### **Career exploration and development:**

Analyze the local and provincial labour market

Identify transferable skills

Identify training options

Assess risk involved in implementing various career choices

Use Job search skills