

# FIVE SKIES TRAINING AND CONSULTING

## EMPOWERMENT TRAINING

THINKING OF A NEW CAREER? WANTING TO MAKE A POSITIVE CHANGE IN YOUR LIFE? THIS MIGHT BE YOUR CHANCE!

### *Why should you attend this program?*

Our Empowerment course is designed to provide participants with the critical core skills needed to assist them in overcoming barriers to successful career pursuits. The programming is tailored to meet the challenges anticipated based upon the projected career goals that take them outside of their communities or boundaries of their reservations. Often times these are construction pathways but our program is not limited solely to those fields. We tailor our curriculum to tie back in some way to traditional roots common to many Native American Tribes and give some guidance how those values can be reflected in today's societal needs. This is standard for all of the Five Skies programming.

The elements we cover are Financial Literacy, Industry Expectations as well as the expectations all employers have of a good, solid, dependable employee. We delve into self esteem, intergenerational and historical trauma, resiliency and providing coping skills. We cover critical core skills such as communication, critical thinking, leadership, planning as well as several others. Finally we work on resumes, interviewing and professionalism in the workplace. This program currently includes OSHA 30 and 1<sup>st</sup> Aid/CPR, and MN Flagger Certification and industry specific information.

Once participants graduate from the classroom portion and are hired, they will be eligible to receive the necessary PPE's for their trade such as FR gear, steel toed boots and any other required personal protective equipment not supplied by their hiring contractor. If the contractor is sponsoring you into a Union. They will also be eligible to have their Union Initiation Fees paid for by the program.

### *What if I don't want to work in construction?*

That's OK, our programming works on you as an individual first and will help you face challenges and barriers in everyday life; no matter what career pathway you decide to take. There is not requirement for graduates to work in construction, but we hope you consider the benefits of such a career pathway.



**For more information email us at: [UPT@fstcllc.com](mailto:UPT@fstcllc.com) or follow us on Facebook: @5SkiesTraining**

**Apply online by completing our Empowerment Minnesota application on our website: [www.fiveskies.org](http://www.fiveskies.org)**



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