

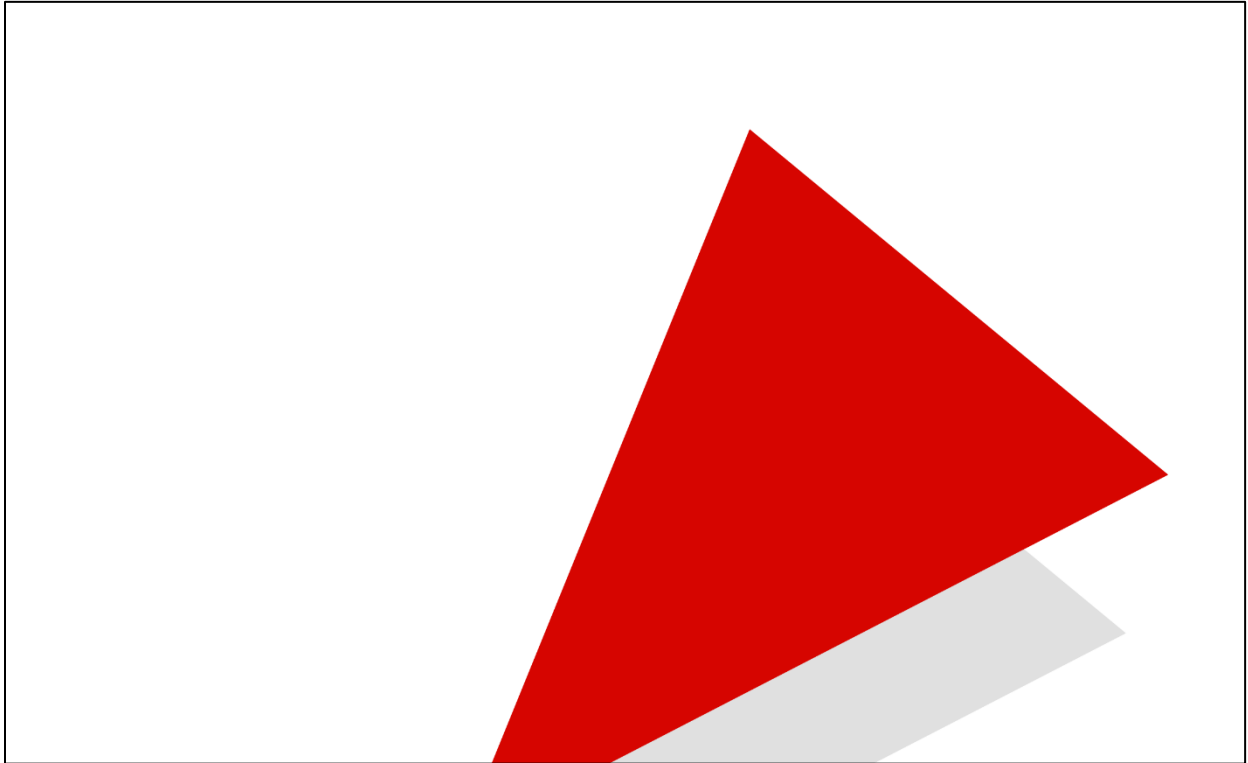


Facilitator Guide: Self Exploration

Connect personal attributes, including strengths, values, and identity, to the employment journey. This dimension covers identifying personal attributes, identity exploration, and understanding career purpose and motivation.

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Module: Building a Foundation for Self Exploration

Overview

This module covers the core aspects that influence and make up one's identity, including understanding how personal traits influence interactions and decisions.

Objective

This module supports youth with disabilities in building the knowledge, skills, and tools to understand their personal qualities, recognize how they apply in different contexts, and be equipped to use this understanding throughout their employment journey.

This Guide

This facilitator guide provides an outline for running an employment learning workshop or lesson for youth with disabilities based on the **Building a Foundation for Self Exploration** in the **Self Exploration workbook**. It highlights key points from the module in a structured and practical way, offering step-by-step instructions for group activities and discussion.

This stand-alone guide is ready to use, but it does not cover the entire module. For full module learning, additional activities, and more examples, we recommend providing participants with the **Self Exploration workbook** at the end of your workshop/lesson. Find the workbook in the downloads section at canworkbc.ca/downloads.

Facilitator Considerations

- Consider providing additional resources for personal exploration and emphasize the connection between self-awareness and success in the employment journey.

| Facilitation Plan | |
|-------------------|--------------|
| 10 minutes | Introduction |
| 20 minutes | Activity |
| 10 minutes | Reflection |
| 10 minutes | Discussion |

Introduction (10 minutes)

Introduce participants to the content:

- Share that knowing yourself is a key step in shaping personal and professional growth.
- Explain that self-exploration is important because it builds self-awareness. Self-awareness helps you understand your strengths, values, and areas for improvement, making it easier to navigate life's choices confidently.
- Ask participants to take a moment to reflect on aspects they could explore to get to know themselves and share their ideas with the group.

Activity (20 minutes)

See pages 6–14 of the **Self Exploration workbook** for additional content related to this activity.

Before the Activity

Gather the following materials:

- Information on aspects that make up or influence sense of self (see pages 7–10 of the **Self Exploration workbook** for examples).
- Pens and paper or digital devices to take notes.

During the Activity

Have participants complete the following:

- Read about aspects of self and brainstorm what they already know about themselves in each area.
- Come up with examples of how each aspect relates to employment.
- **Optional:** Discuss their examples with a peer.

Reflection (10 minutes)

- Ask participants to reflect on a few of the following questions:
- What personal traits influence how you make decisions or interact with others?
- How do you apply your personal traits in your employment journey?
- What qualities do you want to explore further, and how might they impact your future career?

Discussion (10 minutes)

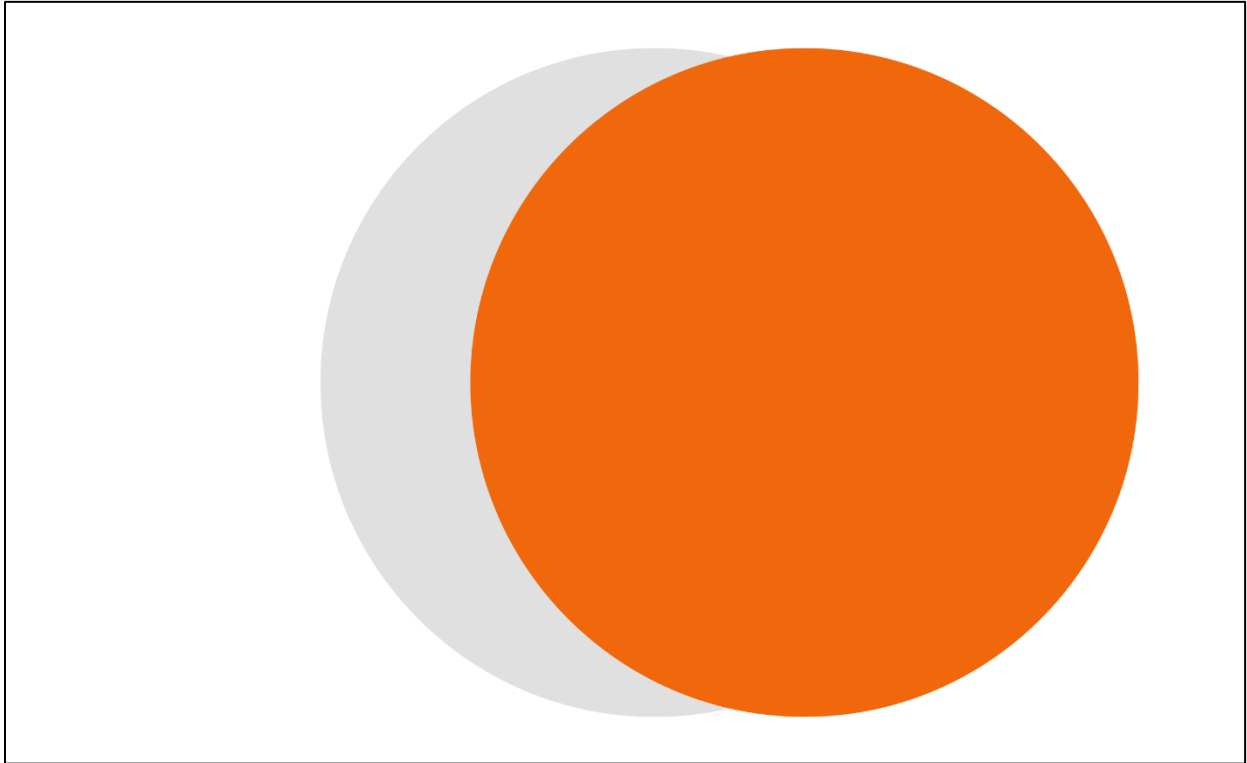
Bring the group back together and invite participants to share:

- Their thoughts on one or more of the questions.
- The next step they will take to use what they learned.

Additional Learning

At the end of the session, encourage participants to explore the workbook to reinforce what they've learned and keep going with more! Check out the **Building a Foundation for Self Exploration module** in the **Self Exploration workbook**. Find the workbook in the downloads section at canworkbc.ca/downloads.

You can also share **CanWork BC** youth tool, a virtual employment support tool that offers this learning in an engaging way. It's a great resource for youth to explore at their own pace, providing support throughout every step of their employment journey. Check out the youth tool at portal.canworkbc.ca.



Module: Identifying Personal Qualities

Overview

This module covers strategies for exploring and identifying core personal qualities, including personality, interests, passions, values, and beliefs, while connecting them to individual strengths and areas for growth.

Objective

This module supports youth with disabilities in building the knowledge, skills, and tools to explore and identify their personality traits, interests, passions, beliefs, and values and understand how to apply them in the context of their employment journey.

This Guide

This facilitator guide provides an outline for running an employment learning workshop or lesson for youth with disabilities based on the **Identifying Personal Qualities module** in the **Self Exploration workbook**. It highlights key points from the module in a structured and practical way, offering step-by-step instructions for group activities and discussion.

This stand-alone guide is ready to use, but it does not cover the entire module. For full module learning, additional activities, and more examples, we recommend providing participants with the **Self Exploration workbook** at the end of your workshop/lesson. Find the workbook in the downloads section at canworkbc.ca/downloads.

Facilitator Considerations

- Consider providing resources for students or participants to explore their strengths and personality traits and how they apply in different contexts.

| Facilitation Plan | |
|-------------------|--------------|
| 10 minutes | Introduction |
| 20 minutes | Activity |
| 10 minutes | Reflection |
| 10 minutes | Discussion |

Introduction (10 minutes)

Introduce participants to the content:

- Share that personality describes how you think, feel, and behave – it makes you unique.
- Explain that understanding your personality is important because it helps you recognize your behaviours, decision-making patterns, and interactions with others. It can also provide insight into what kinds of jobs might suit you and how you build professional relationships.
- Ask participants to take a moment to reflect on personality traits they already know and share their ideas with the group.

Activity (20 minutes)

See pages 39–63 of the **Self Exploration workbook** for additional content related to this activity.

Before to the Activity

Gather the following materials:

- Information on key personality traits (see pages 40–42 of the **Self Exploration workbook**).
- Example scenarios (see pages 45–51 of the **Self Exploration workbook**).
- Pens and paper or digital devices to take notes.

During the Activity

Have participants complete the following:

- Read about key personality traits and consider which they see in themselves.
- Review example scenarios and consider how they would respond.
- Reflect on their responses to explore what this tells them about their personality.

Reflection (10 minutes)

Ask participants to reflect on a few of the following questions:

- How do your passions and interests influence your career choices?
- What are your core strengths, and how can you apply them to your job or career search?
- How do your values and beliefs shape your work and personal life decisions?

Discussion (10 minutes)

Bring the group back together and invite participants to share:

- Their thoughts on one or more of the questions.
- The next step they will take to use what they learned.

Additional Learning

At the end of the session, encourage participants to explore the workbook to reinforce what they've learned and keep going with more! Check out the **Identifying Personal Qualities module** in the **Self Exploration workbook**. Find the workbook in the downloads section at canworkbc.ca/downloads.

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Module: Connecting Personal and Social Qualities

Overview

This module covers exploring and understanding identity, including how various aspects of identity interact and shape perspectives and experiences.

Objective

This module supports youth with disabilities in building the knowledge, skills, and tools to explore and understand their identity, including intersectional aspects and how these factors influence their life experiences.

This Guide

This facilitator guide provides an outline for running an employment learning workshop or lesson for youth with disabilities based on the **Connecting Personal and Social Qualities module** in the **Self Exploration workbook**. It highlights key points from the module in a structured and practical way, offering step-by-step instructions for group activities and discussion.

This stand-alone guide is ready to use, but it does not cover the entire module. For full module learning, additional activities, and more examples, we recommend providing participants with the **Self Exploration workbook** at the end of your workshop/lesson. Find the workbook in the downloads section at canworkbc.ca/downloads.

Facilitator Considerations

- Consider ways to foster an environment where students feel safe exploring and discussing identity.

| Facilitation Plan | |
|-------------------|--------------|
| 10 minutes | Introduction |
| 20 minutes | Activity |
| 10 minutes | Reflection |
| 10 minutes | Discussion |

Introduction (10 minutes)

Introduce participants to the content:

- Share that identity includes the qualities, traits, and experiences that shape who you are and how you connect with the world.
- Explain that understanding your identity is important because it helps build self-awareness, strengthens your connection to the world around you, and enhances your understanding of others.
- Ask participants to take a moment to reflect on aspects of identity they already know about and share their ideas with the group.
 - *Examples: Cultural background, gender identity, or ability.*

Activity (20 minutes)

See pages 85–103 of the **Self Exploration workbook** for additional content related to this activity.

Before the Activity

Gather the following materials:

- An Identity Wheel resource (see pages 85–88 and 95–98 of the **Self Exploration workbook**).
- Pens and paper or digital devices to take notes.

During the Activity

Have participants complete the following:

- Explore the Identity Wheel resource.
- Complete a self-reflection and write down what they know about themselves in each area.
- Reflect on how identity connects to employment.

Reflection (10 minutes)

Ask participants to reflect on a few of the following questions:

- What aspects of your identity have the strongest impact on your life experiences?
- How do different parts of your identity interact and influence your perspective?
- How can understanding your identity help you navigate personal and professional relationships?

Discussion (10 minutes)

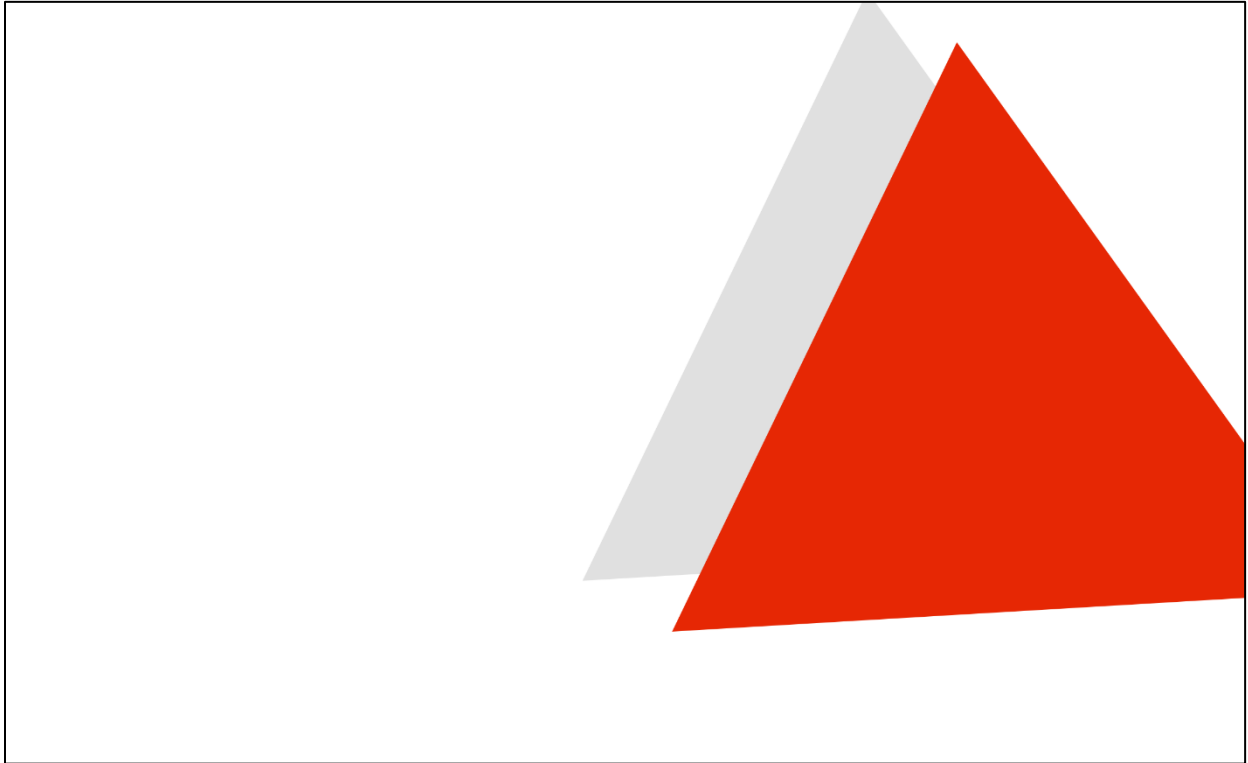
Bring the group back together and invite participants to share:

- Their thoughts on one or more of the questions.
- The next step they will take to use what they learned.

Additional Learning

At the end of the session, encourage participants to explore the workbook to reinforce what they've learned and keep going with more! Check out the **Connecting Personal and Social Qualities module** in the **Self Exploration workbook**. Find the workbook in the downloads section at canworkbc.ca/downloads.

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Module: Mapping Community Connections

Overview

This module covers discovering and mapping community networks, including identifying strategies for interacting with and engaging meaningfully within communities.

Objective

This module supports youth with disabilities in building the knowledge, skills, and tools to create a map of their community networks and develop strategies for engaging positively and growing connections to others.

This Guide

This facilitator guide provides an outline for running an employment learning workshop or lesson for youth with disabilities based on the **Mapping Community Connections module in the Self Exploration workbook**. It highlights key points from the module in a structured and practical way, offering step-by-step instructions for group activities and discussion.

This stand-alone guide is ready to use, but it does not cover the entire module. For full module learning, additional activities, and more examples, we recommend providing participants with the **Self Exploration workbook** at the end of your workshop/lesson. Find the workbook in the downloads section at canworkbc.ca/downloads.

Facilitator Considerations

- Consider encouraging students to participate in community activities to strengthen their connections.

| Facilitation Plan | |
|-------------------|--------------|
| 10 minutes | Introduction |
| 20 minutes | Activity |
| 10 minutes | Reflection |
| 10 minutes | Discussion |

Introduction (10 minutes)

Introduce participants to the content:

- Share that communities are groups of people who live in the same place or share common interests, values, goals, or connections to the land.
- Explain that understanding the communities you belong to is important because it shapes your experiences and sense of belonging.
- Ask participants to take a moment to reflect on different types of communities they know of and share their ideas with the group.

Activity (20 minutes)

See pages 117–132 of the **Self Exploration workbook** for additional content related to this activity.

Before the Activity

Gather the following materials:

- Spheres of Community resource (see pages 118–119 of the **Self Exploration workbook**).
- Pens and paper or digital devices for note taking and drawing.

During the Activity

Have participants complete the following:

- Explore the Spheres of Community resource.
- Create their own community map by identifying their connections within each sphere and mapping them out.
- Reflect on how they impact people in each area of community and whether employment plays a role in any of these connections.

Reflection (10 minutes)

Ask participants to reflect on a few of the following questions:

- How do the different parts of your community influence your life and work?
- What strategies can you use to strengthen your connections with these groups?
- How does your approach to interacting with different community groups change depending on the situation?

Discussion (10 minutes)

Bring the group back together and invite participants to share:

- Their thoughts on one or more of the questions.
- The next step they will take to use what they learned.

Additional Learning

At the end of the session, encourage participants to explore the workbook to reinforce what they've learned and keep going with more! Check out the **Mapping Community Connections module** in the **Self Exploration workbook**. Find the workbook in the downloads section at canworkbc.ca/downloads.

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Module: Fostering the Drive to Thrive

Overview

This model covers strategies for identifying personal sources of motivation and purpose, including identifying strategies for using these aspects to make meaningful contributions in the community and throughout the employment journey.

Objective

This module supports youth with disabilities in building the knowledge, skills, and tools to identify their sources of purpose and motivation and develop actionable strategies for making positive contributions to their community and through their employment journey.

This Guide

This facilitator guide provides an outline for running an employment learning workshop or lesson for youth with disabilities based on the **Fostering the Drive to Thrive module in the Self Exploration workbook**. It highlights key points from the module in a structured and practical way, offering step-by-step instructions for group activities and discussion.

This stand-alone guide is ready to use, but it does not cover the entire module. For full module learning, additional activities, and more examples, we recommend providing participants with the **Self Exploration workbook** at the end of your workshop/lesson. Find the workbook in the downloads section at canworkbc.ca/downloads.

Facilitator Considerations

- Consider providing practical examples that help youth understand how they could align their work with their personal values and motivations.

| Facilitation Plan | |
|-------------------|--------------|
| 10 minutes | Introduction |
| 20 minutes | Activity |
| 10 minutes | Reflection |
| 10 minutes | Discussion |

Introduction (10 minutes)

Introduce participants to the content:

- Share that finding purpose is about understanding what truly matters to you and what brings meaning to your life. It shapes your actions, goals, and decisions.
- Explain that knowing your purpose is important because it helps guide your decisions, clarifies your values, and provides direction in life.
- Ask participants to take a moment to reflect on common things that give people a sense of purpose and share their ideas with the group.

Activity (20 minutes)

See pages 146–153 of the **Self Exploration workbook** for additional content related to this activity.

Before the Activity

Gather the following materials:

- Prompts to explore motivation and purpose (see pages 151–152 of the **Self Exploration workbook** for examples).
- Pens and paper or digital device to take notes.

During the Activity

Have participants complete the following:

- Complete a self-reflection journal by responding to prompts about what gives them a sense of purpose.
- Brainstorm what factors would contribute to a sense of purpose in a job.
 - *Example: Feeling valued and appreciated by an employer or working in a role that allows for creativity and problem-solving.*

Reflection (10 minutes)

Ask participants to reflect on a few of the following questions:

- What personal values motivate you, and how do they influence your job and career choices?
- How can understanding your purpose help you contribute meaningfully at work?
- What strategies can you use to align your job with your values and motivations?

Discussion (10 minutes)

Bring the group back together and invite participants to share:

- Their thoughts on one or more of the questions.
- The next step they will take to use what they learned.

Additional Learning

At the end of the session, encourage participants to explore the workbook to reinforce what they've learned and keep going with more! Check out the **Fostering the Drive to Thrive module** in the **Self Exploration workbook**. Find the workbook in the downloads section at canworkbc.ca/downloads.

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Keep Going

There is so much more to learn! Access the full CanWork BC content and learn more about the program at **canworkbc.ca**.

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