



# Self-Paced Online Program

Employment preparedness training designed for autistic and neurodivergent individuals who enjoy the flexibility and convenience of online learning at their own pace and schedule, with free access to live support if needed.



## Expanding Reach + Scaling Impact

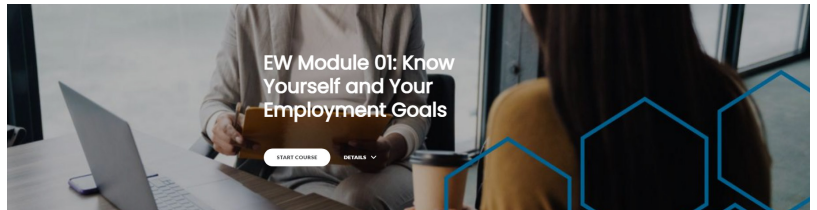
The **EmploymentWorks Self-Paced** program transforms the proven EmploymentWorks manualized curriculum into an interactive and **engaging e-learning experience**.

The online format and user friendly design makes this resource **highly accessible to all Canadians by removing barriers** to programming related to location, access to transportation, and fixed program schedules. It is available in both English and French.

All you need to get started is access to a computer, tablet, or mobile device, and a reliable internet connection – and, of course, a keen desire to get a job and feel confident in a workplace environment.

## What is EmploymentWorks Self-Paced?

- ★ 12-Module online program that focuses on preparing for work, getting work, keeping work and thriving at work
- ★ Content includes tools, resources and strategies to help learners identify employment goals, develop and practice employment-relevant skills, and build confidence to be successful in a workplace setting
- ★ Dedicated program staff are available to provide guidance and live support to learners if needed
- ➔ Optional group-based online drop-in sessions to review and discuss program topics and ask questions
- ➔ Optional 1:1 sessions to receive job seeking support
- ➔ Access to funded job supports (job coaching, workplace tools/equipment, wage subsidy)
- ➔ Access to free and timely mental health supports



## How is the Online Program Structured?

The program modules are organized in 1-week blocks based on four key themes, but participants can complete the content according to their preferred schedule and at a pace that best supports their learning, skill development, practice and retention.

<p><b>Week 1 - Preparing to Work</b></p> <p><b>Module 1:</b> Knowing yourself and your employment goals</p> <p><b>Module 2:</b> Matching your strengths to jobs</p> <p><b>Module 3:</b> Writing your resume and cover letter</p>	<p><b>Week 2 - Getting Work</b></p> <p><b>Module 4:</b> Preparing for and doing well in an interview</p> <p><b>Module 5:</b> Searching and applying for jobs</p> <p><b>Module 6:</b> Communicating well in the workplace</p>
<p><b>Week 3 - Keeping Work</b></p> <p><b>Module 7:</b> Being professional</p> <p><b>Module 8:</b> Making sense of workplace interactions</p> <p><b>Module 9:</b> Dealing with stress at work</p>	<p><b>Week 4 - Thriving at Work</b></p> <p><b>Module 10:</b> Disclosure and/or asking for accommodations</p> <p><b>Module 11:</b> Understanding your pay</p> <p><b>Module 12:</b> Creating a career plan</p>

## Who is the Online Program for?

Individuals who:

- ✓ Self-identify as being on the autism spectrum or as a person with a disability
- ✓ Are motivated to get a job within the next year
- ✓ Prefer learning at their own pace and schedule with limited facilitation (if any)



Scan the QR code to learn more about the Self-Paced Online Program

Website: [employment-works.ca](https://employment-works.ca)  
 E-mail: [info@employment-works.ca](mailto:info@employment-works.ca)  
 Toll-free: 1-888-733-7976



EmploymentWorks is funded in part by the Government of Canada's Opportunities Fund for Persons with Disabilities Program