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Soft Skills Solutions[©] Program Highlights

UNIT 1

Workplace Communication



- first impressions, body language and non-verbal communication
- common workplace communication blunders
- communication and technology workplace writing, email, and social media
- speaking and listening effectively and professionally
- appropriate (and not so appropriate) workplace conversations
- handling constructive criticism and employee evaluations

UNIT 2

Teamwork



- what makes an effective team?
- how to be the team player that everyone wants to work with
- how be part of a high performance team while showing leadership qualities
- working with diverse groups (age, gender, cultural background, religion, etc.)

UNIT 3

Personal Management



- professional image in any work environment
- supporting the company or corporate image
- ethics and personal values
- time management at work
- handling stress and personal issues

UNIT 4

Problem Solving and Critical Thinking



- the importance of good problems solving skills for employees at any level
- managing emotions and finding solutions
- successful strategies for solving workplace problems
- resolving workplace conflicts effectively and professionally

UNIT 5

Professional and Skills Development



- adapting to (and embracing) changes at work
- keeping up to date on technology and gaining new skills
- ways to improve work performance, compete and grow
- setting and achieving goals (SMART goals)
- personal branding