

ESSENTIAL SKILLS

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REPORT

Course Components

The Essential Skills Program continues to provide valuable support for women in our community, helping them build the skills needed to succeed in the workforce. It is in partnership with **Gonzaga University, Catholic Charities, and Greater Spokane Inc. (GSI)**.

This **six-week, 96 hour course** focuses on areas including **computer literacy, interview techniques, and career exploration**, with childcare provided at no cost to participants. Through the program, women have gained confidence, expanded their professional networks, and discovered new opportunities for personal and career growth.

Program Highlights

Skill Building: Participants enhance computer skills, learn to create professional presentations, and gain technical knowledge for the workplace.

Confidence Growth: Women build self-assurance to pursue employment or further education opportunities.

Career Exploration: Participants identify strengths and discover career paths aligning with their interests.

Community Support: The program fosters a supportive network of women, sharing resources and advice. Alumni events to connect all cohorts are held annually.

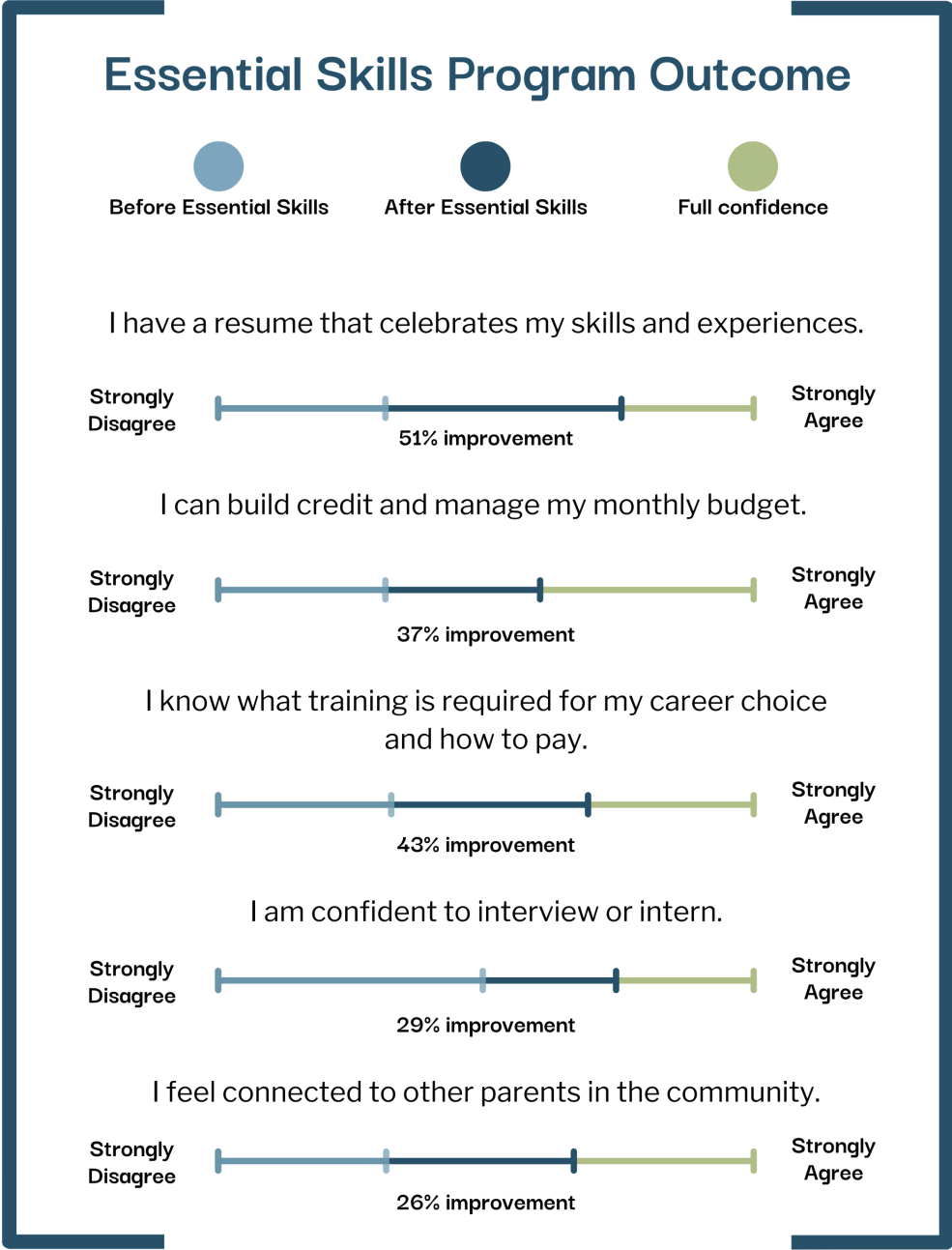
Parenting Insights: Women exchange parenting tips in a peer-led setting, balancing family and career goals.

Access to Opportunities: Participants connect with internships, resources, and continuing education options to move forward in their careers.

Networking: Participants are connected to potential employment prospects and women leaders in our community, recognizing that 80% of jobs are obtained through personal connections.

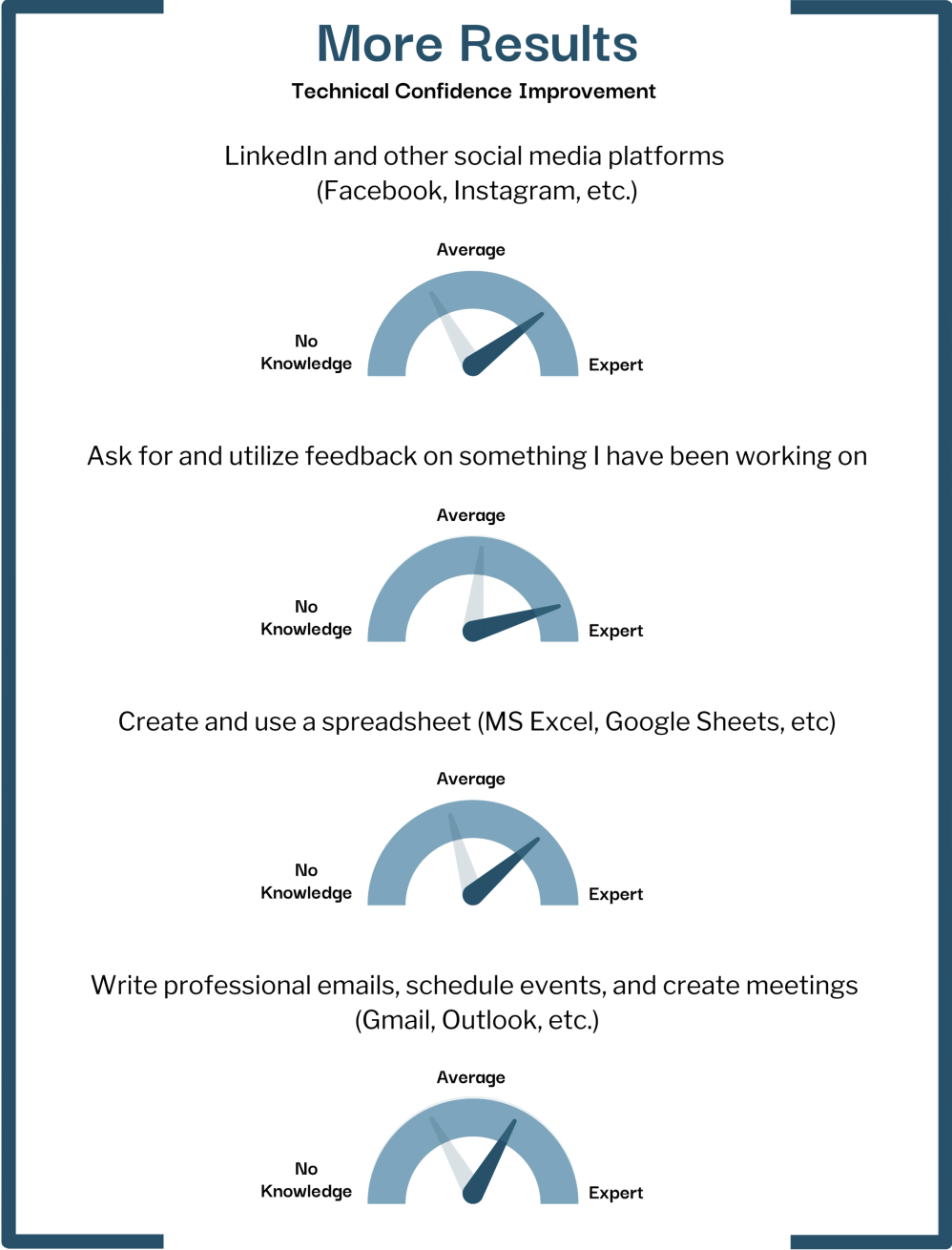
Measuring Progress

Pre- and post-program surveys were used to measure changes in participants' confidence across various skills. The results show significant improvement in self-reported confidence, highlighting the program's effectiveness in skill development. Below are a few examples.



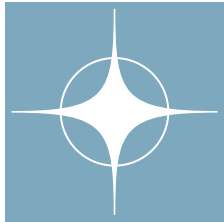
Measuring Progress

Pre- and post-program surveys assessed participants' technical confidence. The data indicates a clear increase in self-assurance with technical tools and concepts, demonstrating the program's impact on technical skill development. Below are a few examples.



Journey Insights

How has your image or view of yourself changed since starting this class?



INCREASED CONFIDENCE AND SELF-WORTH

"I love myself more."

"I have more confidence."

"I feel empowered."

"I have a stronger sense of belonging in my community."



PERSONAL GROWTH AND SELF-DISCOVERY

"I've gone from 'I have to get out of bed' to 'I get to get out of bed and do things.'"

"I learned that I have more strengths than I thought."

"I learned who I was and started treatment."

"I can support my children."

"I'm doing something worthwhile for my future."

"I got the tools I need to go forward in my life."



EMPOWERMENT AND SUPPORT FROM OTHERS

"I have a stronger sense of community."

"Strong women empowering women."

"I saw how it's possible to juggle work and parenting."

"Advocate for ourselves."

"I got tools to build a future and raise my kids."



GOAL-SETTING AND FUTURE PLANNING

"I want to make goals and plan my day."

"I'm finally going where I want and know where that is."

"I feel like I can have more successes."

"This class ignited the match in me."

"Thank you for holding us accountable."

Partners and Sponsors

Canopy Credit Union
Career Path Services
Catholic Charities
CIS
College Success Foundation
Girl Scouts
Gonzaga Family Haven
Gonzaga University
Greater Spokane Incorporated
KSPS PBS NW Career Explore
LiUNA Local 238
Mission Community Outreach
Multicare BHC
Providence
Skyhawks Rise
Spokane Colleges
Spokane Regional Health District
SPS
The ZONE
WorkSource Spokane
YWCA - Our Sister's Closet

