

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.

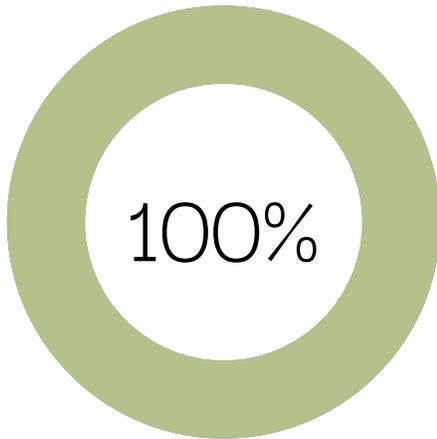
Community Support: The program fosters a supportive network of women, sharing resources and advice. Alumni events to connect all cohorts are held annually.

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

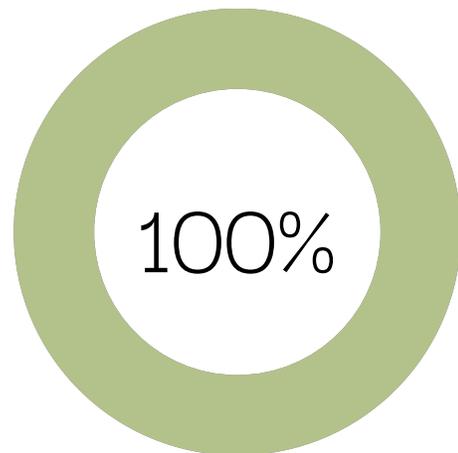
Access to Opportunities: Participants connect with internships, resources, and continuing education options to move forward in their careers.

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

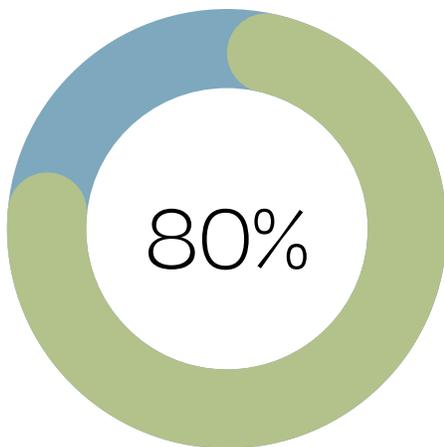
Participant Outcomes



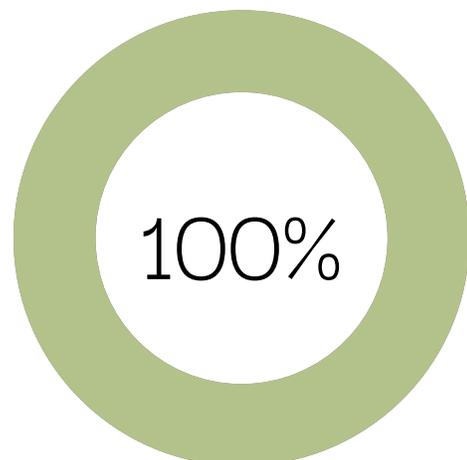
Have goals/plans to attend or finish school.



Created a LinkedIn Profile



continue case management by The ZONE to support their goals.



Submitted a FAFSA form

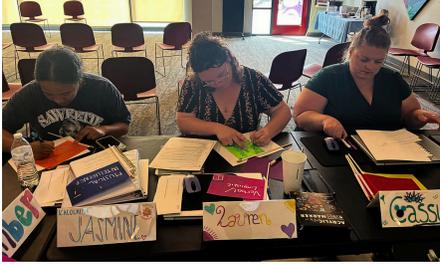
"I never in a million years thought that my 5-year goal would be to buy my own house."

I can build credit and manage my monthly budget.

Strongly Disagree



Strongly Agree



"Interviews, having the confidence to walk up and be yourself."

I am confident to interview or intern.

Strongly Disagree



Strongly Agree



"The most inspirational part of Essential Skills was knowing myself better and what makes me successful through all my experiences in real life. Through my experiences and struggles, I have grown as a better version of me."

I can describe my emotional and interpersonal intelligence strengths.

Strongly Disagree



Strongly Agree



Before Essential Skills



After Essential Skills

"Essential Skills opened me to all the things I have to offer and helped me find a direction that I want to share with the world around me. I can finally see the worth and value of what I do have to offer and apply these things to a career."

I know what training is required for my career choice and how to pay.

Strongly Disagree



Strongly Agree

"We have someone from every walk of life, and they enter this community and belong. I loved the inclusion, and we became a hard-shell group."

I feel connected to other parents, neighbors, or families in the community.

Strongly Disagree



Strongly Agree



"Circle of security was vastly helpful in helping me to become a better, mentally healthy mother."

I feel I can handle the stresses that come with parenting.

Strongly Disagree

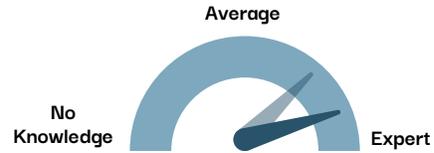


Strongly Agree

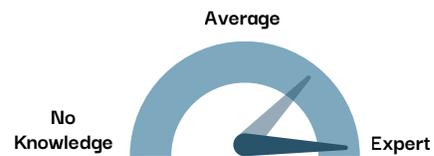
Overall Technical Skill Improvements



Confidence using LinkedIn and other social media platforms (Facebook, Instagram, etc.)



Confidence to ask for and utilize feedback on something I have been working on



Confidence to create and use a spreadsheet (MS Excel, Google Sheets, etc)



Confidence to write professional emails, schedule events, and create meetings (Gmail, Outlook, etc.)



Confidence making a Slideshow Presentation



As a part of the participants' final project, the I am Poem, they each had to answer

I AM BECOMING...

"I am becoming the best version of myself. I want to be myself and confidently me.

"I am becoming someone my children will be proud of."

"I am becoming more confident and educated."

"I am becoming a better version of me."

"I am becoming the woman that I can be proud of. I've never felt like I've been making it. I feel like I'm becoming who I want to be and showing my kids that its never too late.

Partners and Sponsors

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Career Path Services
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Gonzaga University
Gonzaga Prep
Greater Spokane Incorporated
KSPS PBS NW Career Explore
Lilac City Early Learning Center
LiUNA Local 238
Mission Community Outreach
Multicare BHC
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