

Employment-Related Classes Offered by LILA's Peer Employment Specialists



Keeping the Boundaries/Keeping the Job (Assertiveness Training for the Workplace)

This class helps prepare you to effectively set clear boundaries and communicate appropriately at work. This class also measures your readiness to work.

When: Tuesday from 11:00 to 1:00 for 8 weeks

Your Class Begins: Tuesday June 30, 2015 from 11:30 to 1:30 pm

Where: LILA office at 20 E 13th Ave, Eugene (across from the Downtown Fire Station and FedEx Kinko's).

This class focuses on developing self-management skills. Your employability is enhanced by developing communication skills and gaining a healthy understanding of why we behave the way we do. You will learn how to recognize assertive and non-assertive behaviors and when and how to use assertiveness skills in the workplace. You will also learn how to effectively coach yourself.

Some of the topics we will cover include:

- Attendance
- Hygiene
- Ability to Follow Instructions
- Interaction with Peers/ Co-Workers
- Interaction with Class Instructors/Supervisors
- Other Behaviors that Contribute to/Detract from Success
- Punctuality
- Taking & Returning from Breaks
- Taking Constructive Criticism

For more information please call LILA at 541-607-7020 or email:

Bjo Ashwill at bashwill@lilaoregon.org

Kent Gross at kgross@lilaoregon.org

LILA is a cross-disability, consumer driven organization. Our goal is to help people with disabilities achieve as much choice, access, inclusion and independence as possible. We invite you to learn more about the many programs LILA offers and to consider becoming a voting member of LILA. Working together, we can break down societal barriers so that all people with disabilities are free to fulfill their potential.

