



International Women of Saskatoon (IWS)



Prep-UP

(A Pre-Employment Readiness Program for Newcomer Women)

Pre-UP is specially designed for Newcomer Women with CLB 2, to help them resolve essential issues, build confidence and gain rudimentary knowledge and skills in order to be ready and able to work.

Program Components:

1. Exploring and Understanding Self
2. Motivational Workshops on Soft/Transferable Skills
3. Basic Steps to Employment: Tools & Strategies
4. Foundational Workshops on Canadian Culture at Work
5. Strategies for Self Advocacy
6. Developing a Transition Plan

Program Schedule:

February 22 — March 26, 2021
(5 Weeks)

Monday — Thursday

Zoom/Online

9:30am — Noon

These classes are open to newcomer, immigrant and refugee women in Canada

To register, please contact:

International Women of Saskatoon (IWS)

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