



## In-person Training

Our *FREE* in-person course develops and enhances the soft skills needed to start and grow a career. Designed for people with disabilities, this course is highly interactive with group discussions, activities, and challenges built into the curriculum and delivered by passionate trainers. The full in-person course is 16 hours long and can be scheduled over consecutive days or spread across multiple weeks. The minimum class size is eight participants, however, 10-15 is ideal.

## Interested in Hosting an In-Person Course?

Please contact Ryan Anderson at 651-999-8206 or [unifiedwork@mdi.org](mailto:unifiedwork@mdi.org).

Have a specific need in mind? We're happy to consider customized or abbreviated courses, covering selected topics most relevant to your audience.

## Topics Include

- Self-confidence
- Personal Mission Statement
- Goal setting
- Communication
- Teamwork
- Problem Solving
- Leadership
- Integrity
- Professionalism
- Workplace Appearance



**88%**

Increased Confidence



**89%**

Positively Impacted



**80%**

More Likely to Apply For a Job