

# Pre-Employment Transition Services

## Triangle, Inc.'s Pre-ETS Workshops & Trainings

Triangle, Inc. offers a range of services and programs that provide greater opportunities for employment, empowerment, independence, and community inclusion for people with disabilities. Our Pre-Employment Transition Services (Pre-ETS) provide vocational trainings and opportunities that promote awareness, exploration, and preparation for students (ages 14-22), readying them for the workforce and/or higher education. Pre-ETS are made up of five components: Work Readiness Training, Job Exploration Counseling, Self-Advocacy Training, Counseling in Post-Secondary Education, and Work-Based Learning Experiences.



### Work Readiness Training

**Work Readiness Training Tier 1**, focused on soft skills needed to be employable.

- Communication
- Professionalism

**Work Readiness Training Tier 2**, focused on skills needed to land the job.

- Interview Preparation
- Resume Writing Overview

**Work Readiness Training Tier 3**, focused on skills needed to maintain and advance on the job.

- Navigating the Job
- Scheduling
- Workplace Etiquette
- Conflict Resolution

**Trainings focus on:** exploring hard vs. soft skills and the importance of soft skills, defining communication and professionalism, practicing communication skills in professional settings through role playing, making first impressions, interview preparation, resume writing, etc.



### Job Exploration Counseling

Job Exploration Counseling is focused on helping students determine what they may want to do for work based off their interests, skillset, experience, and preferred environment while considering qualifications and the labor market.

**Trainings focus on:** exploring interests, skills, and experiences in relation to work, interest/vocational inventories, job zones lessons (qualifications), labor market research, and goal setting and planning.

**Scan to Learn More!**



**Triangle, Inc.**

people with ability

**Triangle-Inc.org**

For more information about Pre-ETS, contact:

Dominique Badura at 339.666.4121 or [dbadura@triangle-inc.org](mailto:dbadura@triangle-inc.org)



TriangleOrg



TriangleOrg



TriangleInc



Triangle, People with Ability



## Self Advocacy Training

Self-Advocacy Training is focused on student empowerment, and is designed to help students find their voice, gain independence, build leadership skills, and learn what it means to be a strong self-advocate, along with taking responsibility for their choices.

**Trainings focus on:** how to ask for help and when, the difference between wants, needs, and rights, identity and existing in the workplace, disability rights, and accommodations in the workplace and post-secondary education.



## Counseling in Post-Secondary Education

Counseling in Post-Secondary Education is focused on providing awareness and exposure on higher education options, as well as on the transition from high school to higher education and the important differences between each. Triangle also offers a training series focused on building soft skills necessary for success in higher education.

**Trainings focus on:** introduction to post-secondary education, navigating resources and accommodations in post-secondary education, navigating the college application process and financial aid, presentations and tours from colleges and trade schools.

Five hours of soft skill training focused on skills needed for success in higher education: interpersonal skills, setting and respecting boundaries, problem solving, decision making, organization, time management, and professional and efficient email writing.



## Work-Based Learning Experience

Work-Based Learning Experiences are designed to allow students to practice soft skills in a work setting putting their Work Readiness Skills to the test. These experiences also allow students to experience different vocations identified in Job Exploration Counseling.

**Trainings focus on:** volunteer opportunities, company tours, professional development days, mock interviews, informational interviews, job shadows, and internships.

## FAQs

### *Who is eligible for services?*

Individuals aged 14-22, with a documented disability, currently enrolled in either high school or post-secondary education.

### *Do I have to be a consumer of MRC?*

No! Anyone interested in the program is considered eligible for Pre-ETS and can participate without affiliation to MRC.

### *Where will services be provided?*

Programming will be hosted at selected schools, community-based locations, and Triangle's Workforce Development offices located in Malden, Salem, and Randolph

### *How do I sign up?*

Use our website to complete and submit the referral form. QR code on page 1! Or scan and email your completed referral form to Dominique Badura at [dbadura@triangle-inc.org](mailto:dbadura@triangle-inc.org). Referral forms can be provided through your school or MRC counselor. To request a form directly, please email Dominique Badura and include "Pre-ETS referral form request" in the subject line.

### *What if I'm only interested in certain components? Do I need all five? How do I know what component(s) to sign up for?*

Students are encouraged to participate in as many, or as few components as they wish. Although all trainings are valuable some will be more relevant. For help deciding what component meets your needs, please contact Triangle, Inc. to schedule an in-take meeting.



For more information about Pre-ETS, contact:  
Dominique Badura at 339.666.4121 or [dbadura@triangle-inc.org](mailto:dbadura@triangle-inc.org)