

Soft Skills Mastery Class: Two Years in Review

November 2020 – October 2022



Workforce Opportunity Services (WOS) launched the free Soft Skills Mastery Class in November 2020 (initially titled the Workforce Essentials Workshop) to empower individuals to move from entry-level positions to long-lasting professional success. This online workshop is 12 hours total, 3 hours a day for four consecutive days. Upon completion of the course, a certificate of participation was initially issued in partnership with Columbia University Center for Technology Management and is currently being issued in partnership with Northeastern University College of Professional Studies.

The curriculum is based on over 20 years of research-based workforce development experience and covers:

- Self-Esteem and Wellness
- Lifelong Learning and Metacognition
- Problem Solving
- Goal Setting
- Transferable Skills
- Workplace Values and Business Culture



Based on the reviews and reflections from the Soft Skills Mastery Class participants, the curriculum remains as relevant and useful as it was when we launched the course two years ago as the Workforce Essentials Workshop,” says Addie M. Rimmer, Director of Student Learning. “The participants say that they are inspired and re-energized by our focus on self-esteem, personal values, wellness, lifelong learning, emotional intelligence, time management, goal setting and transferable skills. It’s a mutually transformative experience.



November 2020 through October 2022 Soft Skills Mastery Class Statistics

24 workshops conducted

743 individuals registered

375 completed the four-day workshop

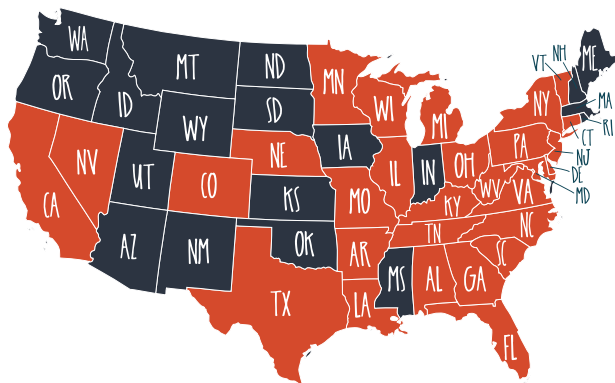
303 earned a certificate of participation

288 total training hours delivered

Participants from Across the United States and All Around the World

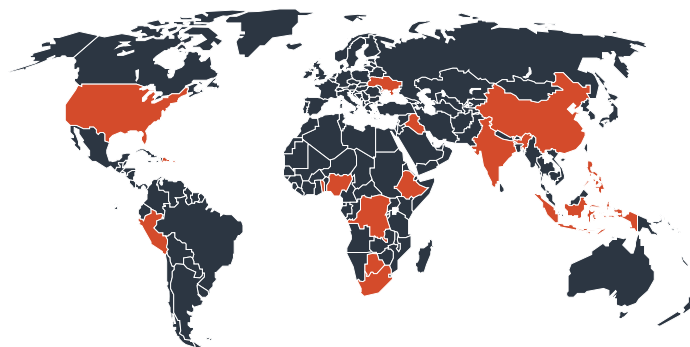
30 US States

Alabama, Arkansas, California, Colorado, Connecticut, Delaware, Florida, Georgia, Illinois, Kentucky, Louisiana, Maryland, Michigan, Minnesota, Missouri, Nebraska, Nevada, New Jersey, New York, North Carolina, Ohio, Pennsylvania, South Carolina, Tennessee, Texas, Vermont, Virginia, Washington, D. C., West Virginia, Wisconsin



15 Countries

Botswana, China, Democratic Republic of Congo, Ethiopia, India, Indonesia, Kuwait, Nigeria, Peru, Philippines, South Africa, St. Croix Virgin Island, Togo, Ukraine, United States



Student Testimonials

"I love that the course was interactive and the topics covered were great. The assignments were well thought out and I enjoyed doing them. It made me reflect on many things about myself and made me see what I need to improve on. It was a great self-assessment."

Beatriz R. (October 2022, New York)

"I am delighted to participate in this workshop and learn new techniques that will influence my work and future."

Fils M. (May 2021, Democratic Republic of Congo)

"The workshop was quite impactful. Even more so for me, providing an opportunity to continue my educational growth, whilst deployed overseas. Uncovering the "Growth vs. Fixed mindset" concept was especially empowering. Being open to new challenges as an opportunity to learn and excel, rather than deliberate avoidance due to thoughts of failure was profound."

Marlon H. (March 2021, attended while deployed to Kuwait)