



Youth Workforce Program Activities

Incorporating the variety of activities listed below in youth workforce programs will broaden possibilities, foster reflection and build relationships. Each of these activities will enhance the impact of your program's promotion of career awareness, career preparation and career launch.

Activity	Target Audience	How To	Outcome
Career Exploration Workshops	12-15	Host workshops focused on a variety of career paths that feature guest speakers from different industries	Youth are exposed to diverse opportunities that inspire them to consider fields that they have not explored
Skill-Building Boot Camps	16-18	Organize intensive workshops on specific skills: public speaking, coding or creative writing	Youth experience hands-on learning that promotes teamwork and collaboration
Mentorship Programs	16-18	Pair youth with mentors from various career fields that can provide support, guidance and networking opportunities	Youth develop strong relationships and benefit from personalized insights and encouragement
Reflection Journals	12-15	Encourage youth to keep journals that allow them to reflect on their experiences, struggles and achievements throughout the program	Youth will begin to process their thoughts, reflect on their growth and stay aligned with their goals
Peer-Led Discussion Groups	12-15	Host small group discussions where youth are able to share their experiences, challenges and aspirations with one another.	Youth will build a community that fosters deeper relationships and learn from each other's experiences
Team-Building Activities	16-18	Incorporate team building activities and challenges: escape rooms, outdoor adventures or cooperative games	Youth will benefit from strengthened relationships, enhanced communication skills and building trust amongst program participants
Vision Board	12-15	Organize sessions where youth	Youth can self-reflect and

Workshops		create vision boards to visualize their goals and aspirations	clarify their ambitions
Networking Events	19-24	Host events where youth can meet professionals: career fairs or informal meet and greets	Youth will build connections and understand the importance of networking in their career journeys
Creative Art Projects	16-18	Provide workshops in creative fields: photography, painting or theater	Youth will engage in creative activities that foster self-expression and helps them to discover new talents
Life Skills Training	19-24	Offer workshops on financial literacy, time management or communication skills	Youth will gain skills that enhance both their personal and professional lives
Feedback Sessions	12-15	Hold sessions where youth can provide feedback on the program and provide suggestions for improvement	Youth will be empowered and have a sense of ownership over their learning experience
Skill Swap Workshops	19-24	Encourage youth to teach one another the skills that they are passionate about	Youth will have a sense of community while broadening each other's skill set.
Adventure Learning Trips	16-18	Organize offsite trips focused on adventure learning: hiking, ropes courses with reflection activities following	Youth will build confidence and relationships while reflecting on their experience in unique setting
Gratitude and Growth Sessions	12-15	Arrange sessions where youth present what they are grateful for and allow them to reflect on personal growth. <i>Be sure to incorporate a creative component: art or writing</i>	Youth will experience enhanced emotional well-being and a positive mindset while fostering deep connections