Step Up and Succeed

Resources for
Interpersonal Skill Development

Want to find **interpersonal skills training** for your apprentice, employees or even yourself? Here are some **free, flexible and low-commitment** options that deliver excellent results!

Adult Learning Networks

Website

The **Learning Networks of Ontario (LNO)** are your one-stop-shop for free adult education and skills upgrading in Ontario. Your local adult learning network can help you connect with **free** skills upgrading programs for you and your workforce.

Click here to learn more about LNO and skill development for your apprentice.

ABC Skills Hub

Website

The **ABC Skills Hub** is an online learning portal that offers **free** courses to develop skills in many areas, including workplace, digital technology and math skills. Course topics include (but aren't limited to)

- **Time Management**
- **Stress Management**
- **Skills for Work and Life**

The Learning Hub

Website

The Learning Hub offers **free** online courses in many subjects, including a wide range of courses on interpersonal skill development. Some examples include

- **Soft Skills Series**
- **Employability Skills**
- **How to Shine on the Job**

UP Skills for Work

Website

UP Skills for Work from **ABC Life Literacy Canada** offers several free modules on a variety of interpersonal skills, including

- **Motivation**
- **Communication**
- **Creativity and Innovation**

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Literacy Link South Central

Website

Literacy Link South Central (LLSC) offers **free** training resources that make learning and skill development fun through games and other activities.

Game Changer for Soft Skills Development includes learning modules in the form of online games. It covers topics like

- **Problem Solving**
- **Work Ethic**
- **Teamwork**
- **Conflict Resolution**

Skills Bridge

Website

Skills Bridge is a **free** online platform created to help small and medium-sized employers (SMEs) and their teams build essential workplace skills. Course topics focus on the most common skill gaps and training needs in today's workforce as reported by employers. This includes interpersonal skills like

- **Communication**
- **Leadership**
- **Adaptability**
- **Collaboration**

Problem Solved!

Website

Problem Solved! is a guide for employers and learners developed by the Government of Canada. The free training includes tips and activities that improve problem solving skills.

Want to connect with your local **Get SET (Skills, Education and Training) service providers**?

Click this link or scan the QR Code with your mobile device's camera to learn how!

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