

For H2W Clients

Online Resources for H2W Clients

Employability Skills Resources		
S/N	Website	Description
1.	Skills You Need	<ul style="list-style-type: none">• A website with resources on how to develop useful skills such as personal management skills, interpersonal communication skills, and CV/Cover letter writing skills.
2.	GCF Global	<ul style="list-style-type: none">• A website with free resources for a range of useful skills.• IT skills: Computer basic skills, MS Office skills, Email skills, Internet basics, and online safety skills.• And Core skills such as basic mathematics, personal finance, and grammar writing.• Contains resources regarding work/employment such as CV/Cover Letter writing skills, Career planning guide, and workplace skills.
3.	JAN – Job Accommodation Network Disability disclosure and interviewing techniques for persons with disabilities	<ul style="list-style-type: none">• Website is a free resource for matters on workplace accommodation and disability employment issues.• Article (link) consists of a simple guide for disability disclosure and interview skills.

Biopsychosocial Wellness Resources		
1.	Disability Horizons 10 indoor exercises for PWD	<ul style="list-style-type: none"> • The website consists of positive and informative articles. • Ranging from categories of news, lifestyle, relationships, physical wellness, entertainment/leisure, assistive technology, and work & education. • Indoor exercises suitable for PWD to promote healthy lifestyle.
2.	Mindful	<ul style="list-style-type: none"> • Website contains guides that focuses on personal wellbeing. • Topics ranges from mental health, physical health, relationships, family, science, and work. • Also contains guides on meditation; guided meditation and daily practices. • Contains a section on COVID with articles on self-care and kindness during the pandemic.
3.	Instructables	<ul style="list-style-type: none"> • A community-based learning platform for hands-on work that has free photo tutorials and classes. • Topics include craftwork (sculpting, 3D painting and mold making), sewing, and cooking (bread, meat, pasta making).