



PROGRAM LICENSING

created and powered by

ccdf

Canadian
Career Development
Foundation



fc dc

Fondation canadienne
pour le développement
de carrière

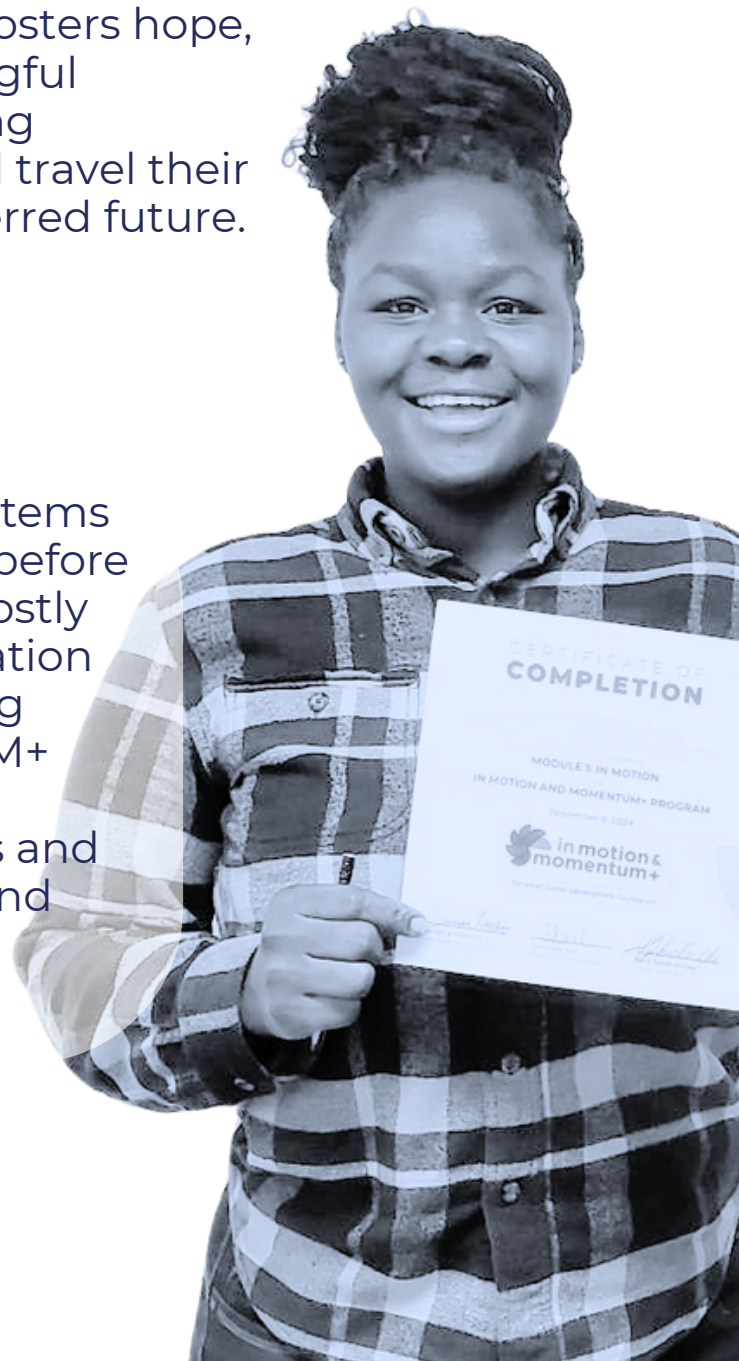
What is In Motion & Momentum+?

IM&M+ is a 10-week, evidence-based program designed to support life stabilization and long-term labour market attachment for individuals facing complex barriers.

IM&M+ boosts conventional employment services by focusing on **career readiness** through a **person-centred** approach that fosters hope, confidence, and meaningful connections, empowering participants to chart and travel their own path toward a preferred future.

Why IM&M+?

Too often, public employment systems push people into jobs or training before they are truly ready—leading to costly failures, high turnover, and frustration for job seekers, employers, training providers, and communities. IM&M+ disrupts this cycle by preparing individuals for sustainable careers and strengthening the entire career and employment ecosystem.



With certified facilitator training, evidence-backed curriculum, and expert support from the Canadian Career Development Foundation, **Licensed Delivery Partners** can deliver this transformative program with fidelity and success.

IM&M+ is:



Action Oriented & Experiential

Activities allow participants to experience pride, belonging and mattering which leads to motivation and progress.



Strengths-Based & Person-Centered

Participants uncover their strengths, values and skills, laying the groundwork for a self-determined future plan.



Designed to Build Hope, Confidence & Direction

IM&M+ nurtures a positive mindset. Participants envision a preferred future and are empowered with the tools to pursue their goals.



Backed by Rigorous Research & Proven Outcomes

IM&M+ has built a body of evidence attesting to its success, including a Randomized Controlled Trial.

Meeting People Where They Are & Helping Them *Soar* in 3 Steps



Step 1: In Motion (3 weeks; 3 days a week) **BUILD STRUCTURE & CONNECT TO SELF**

In Motion focuses on self-awareness activities that uncover strengths, helping participants envision their preferred futures, set meaningful goals, and create an action plan for themselves.



Step 2: Momentum (4 weeks; 4 days a week) **INSPIRE CONNECTION**

Momentum continues progress towards personal goals while working with the group to create and implement a Community Project, make a significant contribution to their community, and build their Skills for Success (i.e., collaboration, communication, problem solving, adaptability)



Step 3: Momentum+ (3 weeks; 2 days a week) **NORMALIZE CHANGE**

Momentum+ deepens community connections by having the participants identify workshop themes relevant to their action plans. Participants can use the workshop time to practice skills and build bridges that promote their growth and success.



Flexible Design Extends Your Reach

DELIVERY MODALITIES



Face-to-Face



Fully Online



Hybrid

Groups range from 4 to 12 participants.



IMPACTS

28%

of IM&M+ participants are more likely to be employed 12 months after the program than those accessing regular career services.

97%

of participants find it useful and recommend it to others.

7%

reduction in income assistance

"IM&M+'s impact on the people we support has been amazing. They're goal-setting, doing things they never imagined they could do."

"It's transformational to see the difference in each individual!"



Trish McNamara
Former Program
Manager, KEYS Job
Centre

www.immplus.ca

Join a Growing Network of IM&M+ Delivery Partners



IM&M+ Licensing Details

As a licensed partner, your organization joins a growing network committed to delivering this proven program with quality and integrity. Licenses are renewed annually. Licensing includes IM&M+ facilitator training, ensuring participants receive the full impact of the program.

Certified IM&M+ Facilitator Training

Certification to become an IM&M+ Facilitator includes:

- + A 5-day remote training course designed to prepare individuals to fully deliver the program successfully.
- + Ten 1-hour weekly check-ins with CCDF Master Trainers during the first delivery of the program
- + Successful completion of an IM&M+ delivery



Benefits for Licensees

- + Access the complete implementation toolkit: promo resources, a screening tool, facilitator guides, participant workbooks, evaluation supports, and program completion certificates.
- + Facilitator training that ensures fidelity and participant success
- + CCDF's expert support throughout the delivery
- + Benefit from 10 years of evaluation and proven outcomes

Agreement and Annual Fee

Licensing fees are determined by the number of deliveries an organization will deliver in one calendar year.

# of Deliveries	Cost
1-2	\$10,000
3-4	\$18,000
5-6	\$26,000

For delivery numbers above this, please contact us.

Facilitator Training Fee

This one-time facilitator training fee includes the 5-day remote training and onboarding supports essential for certification. Training seats are **\$2,500** for each staff member being trained to deliver the program.



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Bring IM&M+ to Your Community

IM&M+ is helping jurisdictions and service delivery organizations better support low-income job-seekers, youth, newcomers, people with disabilities, racialized communities, and others who face systemic barriers to employment move towards their preferred future and economic stability.

Contact us today to learn more!



1-877-729-6164



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