

ABOUT YOU

Seek Career Clarity: Whether you're exploring new career paths or looking to align your current path with your passions and strengths, this group is designed to provide guidance and support.

Value Personal Growth: If you're eager to grow both personally and professionally, embracing opportunities to enhance your skills, confidence, and overall well-being.

Desire Work-Life Balance: If achieving a harmonious work-life balance is a priority, join us to explore strategies that promote fulfillment in both your professional and personal spheres.

Are Open to Learning: Whether you're considering educational pathways, refining your resume, or improving interview skills, an open mindset to continuous learning is key.

Are Ready to Connect: If you're excited about building connections within a supportive community, sharing experiences, and learning from others on a similar journey, then we'd love for you to attend our group!

CAREER & EDUCATION COUNSELING VIRTUAL GROUP

Unlock a world of benefits with our Career & Education Counseling Group!

- Acquire the skills to confidently navigate the job market and stand out to employers, recognizing the vital role of employment and education in determining health and well-being.
- Gain strategies to foster a healthier work-life balance and explore educational pathways to enhance your career prospects.
- Develop real-world interview proficiency through practical tips and mock sessions, and master online resources for job hunting and professional networking.
- Cultivate coping strategies, understanding appropriate workplace behavior to manage stressors and promote resilience. Join us in building a foundation for both professional success and personal well-being.

Embrace the potential within you—
join our group and chart a course towards a brighter, more fulfilling professional future.

Your success story starts here!



CURRICULUM

WEEK 1 Orientation & Goal Setting	<ul style="list-style-type: none">• Introduction to the group's purpose, structure, and guidelines.• Individual goal-setting session: Participants identify short-term and long-term career goals.• Icebreaker activities to foster a sense of community.
WEEK 2 Self-Assessment & Strengths Identification	<ul style="list-style-type: none">• Self-assessments to help participants identify their skills, interests, and values.• Strengths identification exercises to build self-awareness.• Group discussion on the importance of aligning personal strengths with career choices.
WEEK 3 Understanding the Social Determinants of Health	<ul style="list-style-type: none">• Psychoeducational session on the role of employment and education as social determinants of health.• Discussion on the impact of career choices on overall well-being.• Group reflection on personal experiences related to health and career decisions.
WEEK 4 Work-Life Balance Strategies	<ul style="list-style-type: none">• Session on strategies to obtain and improve work-life balance.• Interactive activities and group discussions on managing time effectively.• Group reflection on current work-life balance and goal setting for improvement.
WEEK 5 Educational Pathways & Skill Development	<ul style="list-style-type: none">• Guidance on how to go back to school, pursue a GED, or explore alternative educational paths.• Skill development based on individual career goals.• Peer review sessions for constructive feedback and support.
WEEK 6 Resume Building & Interview Preparation	<ul style="list-style-type: none">• Hands-on resume building session with personalized feedback.• Workshop on effective interview techniques and common pitfalls to avoid.• Mock interview practice with peer and facilitator feedback.
WEEK 7 Navigating the Job Market - Online Resources	<ul style="list-style-type: none">• Session on using the internet as a resource to locate employment opportunities.• Building and optimizing online professional profiles.• Interactive activities on leveraging social media for career growth.
WEEK 8 Workplace Dynamics & Coping Strategies	<ul style="list-style-type: none">• Understanding appropriate workplace behavior and professional etiquette.• Coping skills workshop to manage workplace stressors.• Group reflection on personal growth throughout the program.