

# Get Optimized

## BE WORKFORCE READY

### STEP 1 MY STRENGTHS

Benchmarking current status and self-profiling as a strengths-based learning lesson plan



### STEP 2 MY CAREER

Investigating career opportunities through traditional employment, self-employment, military and volunteer channels



### STEP 3 MY VALUES

Self-identification of values as a guiding principal and standard for career objectives



### STEP 4 MY LIFE MAP

Mapping out career and quality of life objectives through creative visualization and goal-setting



### STEP 5 MY NETWORKS

Learning about and accessing support networks to implement career and quality of life objectives



### STEP 6 MY INDIVIDUAL LIFE PLAN

Implementing an individualized and integrated career and quality of life plan



### PROGRAM COMPONENTS

- Teacher/Counselor Training Session
- Teacher/Counselor Guides
- Pre-Post Participant Surveys
- Participant Workbooks
- Online Workforce Resource Center

Unleash the power of an innovative and empowered workforce.

