



Strategies for Success Workshop Series



This workshop series can change your life!

Strategies for Success is six different four-day workshops that teach the life and soft skills you need to get and keep a job. Start with any of the following courses. Click on the date to sign up. See course description on the next page. **Classes are held Monday – Thursday from 9 am – 12 pm**

“Strategies for Success has changed me inside and out. I attended all six weeks and was sad it had to come to an end. I have never had an instructor deliver such a positive and powerful perspective on life...”

WorkSource is an incredible place — full of love, support, and intelligent staff. ”

1. Work Concepts I: [September 23rd – 26th](#)

Prepare for work, career, and life

2. Health and Well-Being: [September 30th – October 3rd](#)

Learn about personal wellness and work/life balance

3. Communication: [October 14th – 17th](#)

Know your audience and how to communicate

4. Personal Strength Builders: [October 21st – 24th](#)

Understand what you do best and how you can improve

5. Community Engagement: [October 28th – 31st](#)

Empowered! Learn about your community and how you can help.

6. Work Concepts II: [November 4th – 7th](#)

Find and excel in your career and life

For more information contact:

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(Approved by DSHS as a Work Activity and counts as a Job Search Activity for Unemployment)



A proud partner of the AmericanJobCenter network

WorkSource is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. Washington Relay Service: 711

“The Strategies for Success programs receive support and funding from a U.S. Department of Labor grant. Read more about USDOL grant funding at esd.wa.gov/usdol.”



Strategies for Success

Module 1: Work Concepts

Every good plan needs a great road map – develop yours here!

- Develop a plan for success while discussing self-motivation, exploring careers and learning what employers really want.
- Learn how to prepare and apply for jobs, present yourself as a professional and share your story.
- Understand what employers mean when they say customer service, workplace diversity, team building and professionalism.

Module 4: Personal Strength Builders

What makes you shine? Explore the skills it takes for work-place success!

- Learn how to improve your attitude, overcome fears, get motivated and plan for success.
- Find out how to project self-worth, integrity, flexibility and adaptability.
- Grab hold of your finances: Form good spending habits, get rid of bad behaviors and become financially literate.

Module 2: Health and Well-Being

What is 'work-life' balance? How do I take care of me while taking care of everyone else?

- Examine your core values, life choices and personal integrity.
- Learn how to be personally and professionally self-aware, establish boundaries and develop better stress, time management and networking skills.
- Evaluate your social readiness and online footprint.
- Improve your ability to solve problems, set goals and develop action plans.

Module 3: Communication

Learn how to improve your communication skills and your odds of landing that next job!

- Learn about interpersonal and business communication and discover your own style.
- Develop better listening, writing, computer, and presentation skills.
- Find out about verbal and non-verbal cues, practice conflict resolution, and get tips on emotional control.
- Get tips on how to present yourself the right way on the phone, in email, and on social media.

Module 5: Community Engagement

We'll show you how communities can lift each other up and how the tiniest gestures can change lives!

- Discover what it means when people talk about an individual's culture or self-identity, and what it means to be sensitive to it.
- Learn about your personal and social rights, demonstrating citizenship and civic engagement.

Module 6: Work Concepts II

You found the perfect job – now let's talk about how to keep it!

- Learn to multitask and stay motivated.
- Develop your personal leadership and organization skills.
- Understand how biases impact our decisions.
- Develop a vision for your professional future.

