

BEGINNING

TO WORK IT OUT

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WELCOME!

Goals

In the Beginning to Work It Out program, we will learn to:

1. Improve our awareness of how our beliefs, thoughts and feelings affect the problems we have.
2. Improve our ability to stop and think when upset and to deal with feelings without making problems worse.
3. Learn to successfully solve problems related to getting and keeping good jobs.

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Dedication

This is dedicated to the memory of Judy Kaufmann, former DWI Project Director whose vision began this project and whose spirit has carried it through.

Rationale

The "Workin' It Out" program series was developed by the Denver Workforce Initiative to meet the needs of both employers and employees by (1) better preparing the residents of low-income neighborhoods for the interpersonal challenges of the workplace, and (2) better preparing employers to support and manage entry-level workers.

The "Beginning to Work It Out" program is designed to help at-risk youth and young adults who are beginning the transition into the workplace to develop the self-awareness and interpersonal "soft skills" needed to successfully enter and advance in the world of work.

BWiO Lesson 2

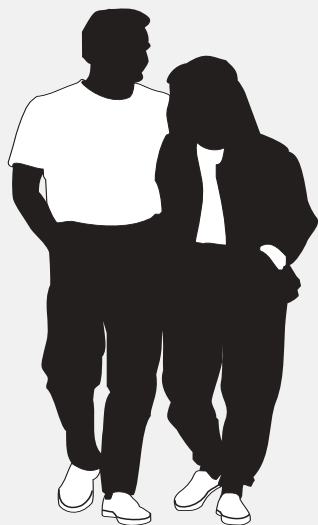
Setting Goals

SAMPLE

Pearl of
WISDOM

**“A Journey of a Thousand Miles
Begins with a Single Step.”**

Troy's Story Part 2



Two weeks later, Troy was lying on his couch at noon, dozing. He had been suspended from school and had decided not to bother going back at all. He spent most of his days watching TV and sleeping. When he was awake, he was in a bad mood, so most of his family avoided him.

Denise had been staying with Troy's family for the past month. Now that she was out of her mother's house, her grades were getting better. She worked a part time job in the evenings, and was always doing little things around the house. "I'm glad she's doing alright," Troy said to his brother one day. "But to be honest, she's starting to get on my nerves."

Troy was still napping after school when his girlfriend Denise woke him up. She asked, "So what are your plans now, Troy? What are you going to do with yourself?"

"Plans? Do with myself? I thought I'd just lay here a while and then go hang out with my boys after practice," he answered reply. "Why? Do you have a problem with that?"

"Well, yeah, I guess I do. I mean, you're not going back to school, don't you think you should do something to help your mom? Get a job or something? She's been working 10-12 hours a day and --"

"I'm her son, and this is my house. I should be able to do my thing without getting hassled by you or anyone else," Troy said angrily. "In case you hadn't noticed, I've been having a hard time lately. If I want to relax, that's MY business! Besides, if you feel that way, why don't YOU do something? I don't see you paying rent to stay here."

"If you paid attention, you'd know that I DO, you jerk," Denise answered. "I do everything I can to help out around here, and I give your mom \$50/week. I want to finish high school and be able to support myself. Since you're not in school, you should be supporting yourself too. I don't see you doing anything but lying around feeling sorry for yourself!"

Denise stormed off, leaving Troy fuming. *'Why are people always messing with me?'* he thought. He rolled over and went back to sleep.

Personal Goals

GOALS: _____

Good goals should be fairly reasonable, and specific enough that we can work on them one piece at a time.

TOO VAGUE

"Getting my life straightened out"

REASONABLE & SPECIFIC

"I want to find a place of my own in the next 6 months"

WHAT ARE SOME OF YOUR MOST IMPORTANT PERSONAL GOALS?

1. _____

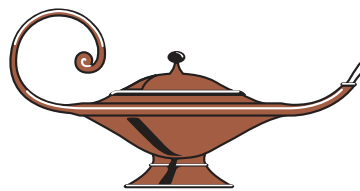
2. _____

3. _____

4. _____

5. _____

SAMPLE



Ideal Job



Imagine the IDEAL JOB for you:

What type of WORK? _____

What POSITION? _____

What HOURS? _____

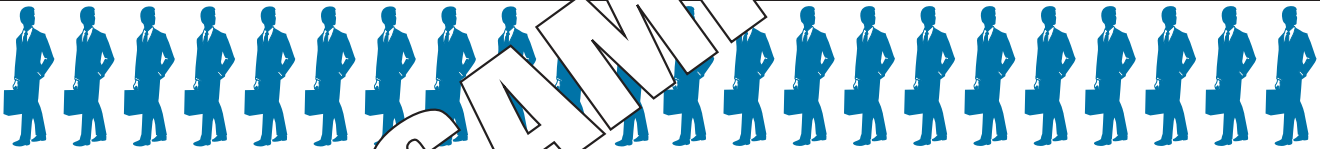
What PAY? _____

What BENEFITS? _____

What kind of BOSS? _____

Other details: _____

SAMPLE



What are your greatest BARRIERS TO EMPLOYMENT?

In other words, what is keeping you from having this ideal job?

1. _____

2. _____

3. _____

4. _____

Circles of Support

PEOPLE and GROUPS who are IMPORTANT TO ME.

1. _____
2. _____
3. _____
4. _____

5. _____
6. _____
7. _____
8. _____

Not Supportive of my
Work Goal

Somewhat Supportive
of my Work Goal

Very Supportive of my
Work Goal

MY WORK GOAL

SAMPLE

KEY POINTS

In Lesson 2

1. Our goals guide us toward what we want most in life.
2. Most of us have to work hard to achieve our goals. A good job can be an important first step.
3. It is important to have a circle of TRUE supporters as we try to make positive change in our lives.

MiniQuiz #2

PART 1: Answer T (true) or F (false).

- ___ 1. Goals are the things we want to achieve.
- ___ 2. "I want to be happy" is too specific to be a good goal.
- ___ 3. "Having a good job" is the same thing to everyone.
- ___ 4. Getting a good job can help us reach our goals.

PART 2: Read the story. Underline TWO of Bonnie's goals. Then circle THREE people who do not seem supportive of her work goals.

Bonnie was now 8 months pregnant. "What are you going to do when the baby comes along?" her 15-year-old cousin MaryAnn asked one day.

"Being a good mother is important to me," Bonnie answered. "So I'll try to spend a lot of time with my baby in the first few months. But I want to be able to support myself too, so I'll be looking for a job once he's old enough. Mom says she will help out until I can find a reasonable day care center, and my pastor says I can work in the school as an aide if I pass the training course. Of course, my sister is pitching a fit about giving up her room, and my ex-boyfriend says that a good mother should stay at home, but he's not working and so I can't count on him to support us."

"I know this has been tough on you," MaryAnn said, "but it's almost over. And I can hardly wait! If you need a babysitter, let me know!"

