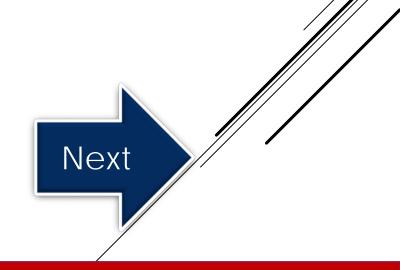
### Finding My Strengths and Interests for Employment

30-second training for individuals in mental health recovery





## What will be most helpful in finding a job that fits your strengths and interests?



What I would like to do well



What my friends recommend me to do



The place with the shortest travel time



What I prefer for type of work and setting





### There is a better answer. Try again.

Click to return





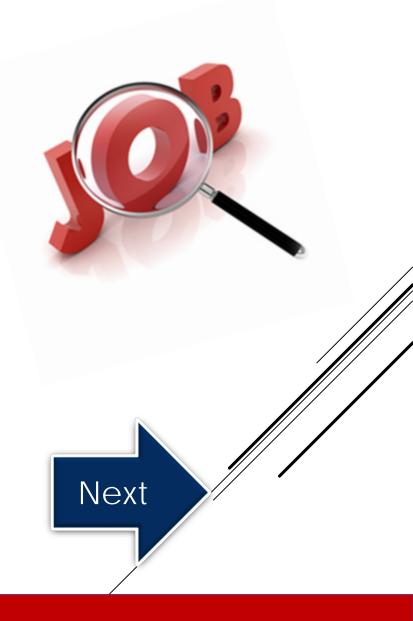
#### You're right! Many resources offer support for choosing, getting and keeping a job





# Guiding questions that can help you consider different types of jobs:

- 1. Interest how do I like to spend my time? What are my interests and passions?
- 2. Strengths what can I do well? Do I have any experience with it from previous jobs, hobbies, volunteering, or other activities?
- 3. Preferences do I like working with people? What kind of work environment is good for me? Do I enjoy intellectual of physical challenges? Do I like routine or variety?



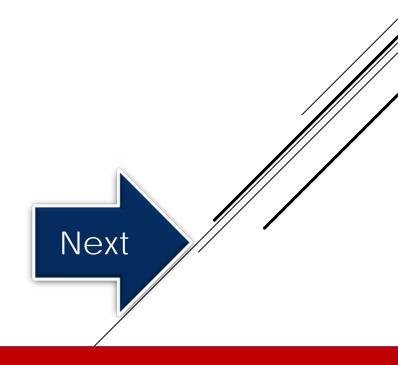


Want to know more?

Download the <u>Employment Resource</u> <u>Book for free in English or Spanish</u>

Or check out the <u>Employment Journey</u> <u>Guide for potential and current workers</u>

For further information contact us at 617-353-3549





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## Thank you for taking this short training. We hope you were able to learn something new and exciting.

For more information contact us at 617-353-3549 or visit our website: <u>https://cpr.bu.edu/about/</u>

