

# 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.





**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 or physical challenges? Do I like routine or variety?



## Want to know more?

Download the [Employment Resource Book](#) for free in English or Spanish

Or check out the [Employment Journey Guide](#) for potential and current workers

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: <https://cpr.bu.edu/about/>

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