

# Career Exploration Workshop



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## What is a Career Exploration Workshop (CEW)?

- Explore employment areas that interest you.
- Discover your unique skills and talents.
- Assessment tool to identify your skills, interests and job readiness.

## How do I sign up?

- You and your Vocational Rehabilitation Counselor (VRC) will decide together when a CEW is right for you.
- Identify a CEW date and location that works for you.
- Your counselor will refer you to the CEW.
- Complete the assessment tools to identify your skills, interest and job readiness.

## What will I learn?

- Skills you already have
- Your strengths
- Managing time between work and home
- What employers want from employees
- Résumé and interview preparation
- Guest speakers
- Recognizing your achievements
- How to handle difficult work situations
- Stress management skills



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## What if my disability makes it difficult for me to participate in the workshop?

Let your VRC know if you need accommodations. We will work to find a solution for you to participate in the entire workshop.

### Accommodations are available, for example:

- JAWS screen reader
- Comfortable seating
- Large print as needed
- CART and/or interpreters can be scheduled
- Breaks

*(Please let us know what you require ahead of time.)*



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## What is the CEW schedule?

The workshop schedule varies with each office. However, the basic schedule is 9 a.m. – 4 p.m. with two breaks and a one hour lunch break.

Your VRC will connect with you sometime during the workshop as well as follow-up meetings upon completion of the CEW.

## What happens after the workshop?

You and your VRC will develop an employment plan and address challenges that may prevent you from being successful at work. This might include transportation, accommodations, or child care.

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