



## EMPLOYMENT COURSE OVERVIEW

### COURSE OBJECTIVES

The cognitive employment life skills course is designed to help offenders overcome self-defeating thoughts and behaviors. This course is designed to help individuals identify and change the root causes of their employment issues. If we never change problem thinking, we can never change the problem behavior.

#### Week 1: *BEGINNINGS*

- Life
- Choices
- We Are What We Think
- What Is The Truth About Me
- Truth vs Untruth
- Belief vs Truth

#### Week 2: *EMPLOYMENT FORMULA* - $T = (F+E) = (V+A) = B = C$

- Employment Formula
- The Magic Begins
- Hope
- Problem Solving
- What Successful People Do
- Life Gets Better
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#### Week 3: *GROWTH vs. DECAY* - We can choose growth, stagnation, or decay.

- Perception
- Thoughts
- Influencing Others
- Passing It On
- Living and Thinking In The Present
- Depression Test
- Problem Solving

#### Week 4: *SOCIAL SKILLS*

- Forward-Neutral-Reverse
- Social Skills
- Listening- Trying To Understand
- Trying To Be Understood
- Resistant vs Responsive
- Self-Deception
- Ring Of Fire

#### Week 5: *EMPLOYMENT*

- Financial Problems
- 15 Commandments of Keeping Your Job
- Things To Consider
- Money

There are many opportunities, even in a down economy.

#### Week 6: *EMPOWERMENT*

- Criminogenic Needs
- Determination
- New Person

#### Week 7: *SELF-ASSESSMENT*

- Self-Assessment Test
- Chemical Addictions
- Freedom vs Captivity

#### Week 8: *OVERCOMING OBSTACLES.*

- Gratitude
- Differences
- Power In Life
- Self-Betrayal
- Forgiveness
- Trials
- Breaking The Cycle
- Become Self Aware