

Jessica Kleist

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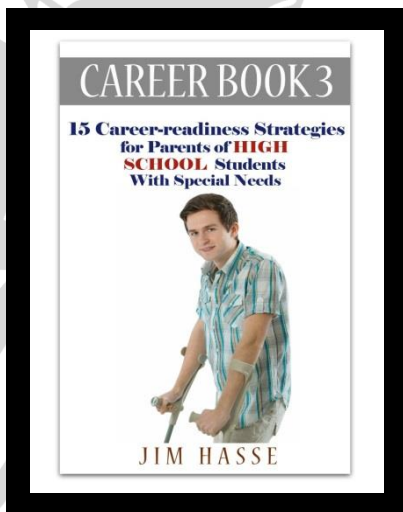


SIX WAYS TO FOSTER SELF-CONFIDENCE During School-to-work Transitions

Jessica Kleist is a speaker, facilitator, Professional Counselor in Training and owner of Abilities First Counseling & Empowerment, LLC. She earned her B. S. Degree in Vocational Rehabilitation in 2000, her Master of Science Degree in Education in 2001 and her Master of Science in Mental Health Counseling in 2011 from the University of Wisconsin-Stout.

Jessica has served as a peer support coordinator-resource counselor with the Center for Independent Living for Western Wisconsin (CILWW) in Menomonie.

At CILWW, Jessica managed the Peer Project for helping high school students with **disabilities** learn from their peers about how to better transition to adult life, post-secondary education and employment.



Available to Speak As a Podcast Guest About These Six Career Development Topics

1. How to Frame Unexpected Challenges
2. What Education You'll Need to Get the Job You Want
3. How to Gain Work Experience
4. What Skills to Highlight During Your Job Search
5. Which Dream Job to Target
6. Which Work Situation Is Best for You

