



# General Track

"Ready Set Go!": Are you ready to adult? We can all use some tips and tricks on developing a plan for our future. Identify what is important to you and learn the skill of goal setting. This general adulting track covers mental wellness, daily challenges, finances, employment and much more. We cannot deny it, adulting can be hard work; that's why you need a plan. Complete this track with a plan of action to mastering the world of adulthood. **READY, SET, GO!**

(Suggested For Youth 16-26 years old)

**Adulting 101**  
**Plan Our Your Best Life**  
**Putting Your Best Interview Forward**  
**Networking 101**  
**Character Counts!**



# Adulting 101

## Workshop Description:

Youth and young adults are juggling completing school, finding a career, staying healthy, and trying to maintain a social life now and then. Which leaves little time to figure out complicated life choices such as household maintenance, budgeting and managing credit, health and life insurance. Join us for general overview of things to know as you adapt to gaining independence and becoming an adult.



## Workshop Objectives:

1. Explore the importance of stress management to maintain good mental health
2. Describe important elements of household maintenance for independent living
3. Explain personal safety in online and public spaces
4. Review the basics on budgeting & money management for young adults
5. Learn key steps to gaining and sustaining employment



# Networking 101

## Workshop Description:

Networking can feel intimidating at first, but when you prepare and practice how to lead conversations with new people, it can be quite rewarding. Through our Networking 101 workshop we will help you learn how to confidently navigate social settings and how to prepare your networking intentions to encourage success, how to use coping skills to reduce anxious feelings when speaking with other individuals, and how to manage appropriate conversations with your networking audience



## Workshop Objectives:

1. Navigate social settings and gain awareness of networking intentions.
2. Demonstrate coping techniques to reduce anxiety and promote healthy interactions and environments
3. Manage effective and appropriate conversations and engagement with audience



# Character Counts

## Workshop Description:

Navigating your thoughts, feelings, and behaviors within the world can be challenging and confusing. While trying to gain self-awareness we not only have to manage our own emotions but also be able to build positive and healthy relationships with others and be responsible in our decision-making. This workshop supports building character for success and you will be able to identify the characteristics needed to increase your social-emotional literacy, assess your needs and how to manage positive outcomes and practice how to maintain healthy environments and relationships while tackling life's tough decisions. Trust me, you can do it all!



## Workshop Objectives:

1. Identify the character traits needed to increase social emotional literacy
2. Assess present needs and identify how to manage positive outcomes
3. Practice effective social emotional strategies to maintain healthy relationships and environments



# Plan Out Your Best Life

## Workshop Description:

Often, it can be difficult and discouraging to set up goals for ourselves and we may not know where to start. Take a step forward into our goal setting workshop guided with tools and strategies in developing your own life plan, learn how to set and accomplish both short and long-term goals, and how to generate future goals that will bring you closer to living your best life.



## Workshop Objectives:

1. Define and build important elements of an individualized life plan
2. Identify strategies to accomplish short and long-term goals for future aspirations
3. Explain process to sustain and expand goal development



# Putting Your Best Interview Forward

## Workshop Description:

Whether you are preparing for employment, school admissions, or even trying to gain more knowledge about a person, place, or thing, your interviewing skills will determine the outcome.

Preparation is key in having a successful interview and in this workshop you will learn appropriate tools to effectively engage in any type of interview, prepare yourself to have successful interactions through virtual or in-person settings, and how to present the best follow up that will make you the one to remember.



## Workshop Objectives:

1. Identify appropriate tools to effectively engage in various interview types
2. Prepare for successful interactions virtually and in-person
3. Develop skills to ensure follow up procedures are appropriate in time and manner

