



# Mental Health America of Georgia's Leadership Empowerment and Access Program

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Georgia  
Department of  
Behavioral Health  
& Developmental  
Disabilities



## INTRODUCTORY TRACK

“Ready, Set, Go!” Are you ready to be an 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 Suggested For Youth 16-26 years old. All sessions are 30 minutes.

### ADULTING 101

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, and health and life insurance. Join us for general overview of things to know as you adapt to gaining independence and becoming an adult.

### PLAN OUT YOUR BEST LIFE

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.

### PUTTING YOUR BEST INTERVIEW FORWARD

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.

### NETWORKING 101

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.

### CHARACTER COUNTS

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!



## YOUTH AND ACADEMIC DEVELOPMENT TRACK

“ABC’s to Success!” You have worked hard to get where you are! Now, how do we remain proactive and progress to the next level. Understanding the importance of decision making when it comes to your future does not have to be overwhelming. You have the choice to choose your future. Join this track to build upon skills of resiliency and explore your options as you take steps towards your goals. This training track is encouraged for ages 16-20 but all are welcome to participate. Join us as we prosper and succeed. All sessions are 30 minutes.

### KEYS TO ACADEMIC SUCCESS

If you’re considering going to college and may not know where to start, let us help you explore and prepare for all things possible. Preparing for academic success with this workshop and we will help you find local resources to support your current academic success, research and identify your needs and wants for college, how to identify your career interests, and how to gain financial support to afford your college options.

### IT’S ABOUT TIME [MANAGEMENT]

There are 24 hours in a day, how do you juggle it all in order to make the most out of your time? Join us for our time management and organization workshop to learn more about the relationship between your time management and how to organize your priorities, how to develop strategies to create useful time management skills that will support your success in school and your career, and practice using these skills to fulfill your daily and life goals.

### BUILDING RESILIENCE AND COPING

Life can be difficult sometimes and the way that we react to life’s stressors can have a positive or negative effect on our wellbeing. Being equipped with effective coping skills can boost our resiliency and reduce stress. Join us for our Building Resilience and Coping workshop to understand the relationship between our mental health and ability to use coping skills, identify what coping strategies are best for you, and create a plan that will support you in reducing stress and promote positive daily activities.

### DEVELOPING FUTURE ASPIRATIONS

Do you have a dream or future aspiration you wish to accomplish? Take a step back and ask yourself this question, “What steps am I taking to get there?”. Sometimes we are unsure of how to start the process to develop and reach our personal or professional goals. In this Developing Future Aspirations workshop learn how to describe different types of goals within various areas of life, examine your current interests to discover potentials aspirations, and plan out how to make your dreams a reality.

### MY MIND ON MY MONEY...

Our finances play a large role in our lives and can actually impact our overall health. It is important to understand and to promote positive financial health to maintain overall wellness for ourselves and our futures. In Financial Literacy 101, you will gain an understanding of financial wellness and the role it plays in our overall health, learn the appropriate language and tools necessary for short- and long-term financial goals, and identify strategies to promote financial success for you and your future.



## YOUNG ADULT & CAREER DEVELOPMENT TRACK

"Step it Up!" Join us as we take those necessary steps to take your career to the next level. Do you need to update your resume or refresh those networking skills? No worries, the career development track is for you. Pass the test of mock interviews, virtual networking events, and unique power hours to gain the confidence you need to take your dream career to the next level. Welcome to a new journey! This track is encouraged for those 20 - 26 years old. All sessions are 30 minutes.

### CAREER DEVELOPMENT 101

If you are wondering about a career or looking to change up your current career and need some guidance, look no further. Sometimes it is difficult to know where to start but our Career Development 101 workshop will help you assess your current needs and interests in a particular career, learn skills to successfully prepare yourself to transition into a new career, and identify resources that will help guide you to various career opportunities.

### DEVELOPING INDEPENDENCE

When becoming independent there are many factors you should take into account such as, the ability to take care of your whole self, utilizing community resources, how to navigate the world, and being able to advocate for the things you want out of life. During our Developing Independence workshop, you will learn how to increase your self-awareness and manage healthy living, how to engage in self-advocacy for all areas of your life and learn strategies to set boundaries and maintain healthy relationships while navigating your independence.

### MASTERING THE INTERVIEW

If you have found the job that you want to apply for then it is critical that you prepare yourself for a successful interview. The interview is your first person-to-person impression and where the interviewer learns a lot about you personally and professionally to identify if you are a good match for the position you are applying for. Join us for Mastering the Interview to learn proper strategies to navigate the interview process, gain a better understanding of the importance of interview preparation and follow-up, and learn how to master your answers to the interview questions.

### MENTAL HEALTH IN THE WORKPLACE

It is important to maintain a healthy balance between work, home, school, and personal life to improve work performance and personal relationships. While work can be stressful, it is important to advocate and maintain your mental wellness within the workplace. In this Mental Health in the Workplace workshop, you will learn appropriate coping tools to practice self-care and maintain work-life balance, how to locate resources within your workplace and in the community to promote positive mental health, and how to appropriately advocate for yourself within the work culture.

### FINANCIAL LITERACY 102

Let's talk about long-term financial goals! Financial forms such as IRS W4/W9/W2 documents and doing your taxes can be confusing but learning how to understand these financial documents can set you up for financial success and what it means to actively engage in your financial civic duties. In our Financial Literacy 102 workshop, we will increase our financial literacy and explore its role in long-term financial health, learn how to prepare important and mandatory financial documents, and learn strategies to fulfill financial duties.



## ADDITIONAL TOPICS AND EVENTS

### Mental Health Basics

Everyone has mental health! It is defined by how we think, feel, behave, and cope. This introduction to mental health will share the difference between mental health and mental distress, common mood and anxiety disorders along with their symptoms, and effective coping strategies to use during periods of stress. (30 minutes)

### NETWORKING & PANEL DISCUSSIONS

LEAP participants will have the opportunity to learn from and network with individuals with diverse professional backgrounds. Youth will gain a better understanding of career fields and the various pathways to get to their career interests. Share your professional and personal experience with participants as they navigate their way towards professional careers. (One hour)

### MOCK-INTERVIEWS/CAREER PREPAREDNESS

LEAP participants will have the opportunity to practice interview and resume building skills from professionals. Those participating will have the opportunity to learn about the do's and don'ts of career preparedness and become stronger professional candidates. (Event times may vary)

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