

# Facilitator's Guide

A black and white photograph of a computer keyboard, a wristwatch, and a clock face, symbolizing time and technology in a professional context. The keyboard is in the upper left, the watch is in the center, and the clock face is in the lower right. The watch has a dark strap and a square face with a grid pattern. The clock face is white with black numbers and hands. The keyboard keys are visible, with some letters like 'P', 'R', 'E', 'S', 'T', 'A', 'B', 'L', 'E' visible. The overall image has a halftone or dithered texture.

**Matrix Research Institute's Brochure Series on Mental Illness and Work.**