

## 13. Starting Work What to Expect and How to Prepare

### Purpose of the Brochure:

Brochure 13 is designed to help the reader prepare for the start of a new job, by providing information about what to expect.

### Group Objectives:

- to explore what starting a new job is like
- to anticipate potential stresses associated with the start of a new job

### Suggested Activities:

- If there are group members who are actually starting jobs, help them develop plans for what to do if they are having trouble. Who would they call for help talking through a situation? Which co-workers or supervisors seem to be helpful? Which friends or family members?

### Suggested Discussion Questions:

- Have you ever been nervous on the first day of something new? (whether it was the first day of a job, or the first day of school, the first day in a new treatment program, or in a new house.) What was it like? When did things start to feel "normal"? What helped?
- Have you ever been excited or nervous on the first day of a new job? What happened? What didn't happen that should have? What did happen that shouldn't have?
- Have you ever felt overwhelmed at the start of something new? What coping strategies have you used? What helps?

### Tips:

Starting a new job can be very exciting and very intimidating. There are many things to learn, usually quickly, new people to meet, and many changes to adjust to. Most people have experienced first day jitters or feeling overwhelmed.

### Outcomes:

By the time you've finished covering Brochure 13, participants should:

- a) know what to expect when they start a new job.
- b) have some understanding that starting a new job will impact other areas of their life.
- c) have a plan for what to do if they are nervous and/or overwhelmed about starting a new job.