

## 15. Prioritizing Work for Your Future

### Purpose of the Brochure:

Brochure 15 is designed to help readers think about their future as one that includes work on a long-term basis.

### Group Objectives:

- to encourage participants to think of their long-term career interests
- to help participants think about their career in the context of other aspects of their lives

### Suggested Activities:

- People often leave jobs on an impulse, in the heat of a difficult situation, and regret it later. Discuss what plans can be put in place to slow down the process and develop other strategies to try BEFORE quitting. Who could be available to talk it over with? Have each participant identify a strategy of something to do before quitting.
- Review the factors on page 5. Invite participants to discuss what their preferred choices would be for their long-term work life, and to give reasons why. Would their preferences change over time?
- Provide the group with information about educational and job training opportunities in your area, as well as financial strategies and/or resources for pursuing additional education or job training.

### Suggested Discussion Questions:

- What are some things you have done, or could do in your life to make it easier to stay working?
- What are some things in your life that you have to balance with work? How do you / would you manage that?
- How do you know when it is time to leave a job? How do you know when you should stay and try to work it out? (What is “workable” for one person may be untenable to another. Remind participants that different things may be true and valid for different participants.)
- Have you ever lost or left a job? What was it like? What did you learn from that experience?
- If you could do any kind of work at all for your job or career, what would it be and why? (In this exercise, do not require people to be realistic at first. If people want to be rocket scientists, supermodels, or President, that’s fine the interesting part is finding out why that appeals to them.)
- What are your career aspirations? What are your goals? What would it take to reach those goals? What might help make that feasible?

### Tips:

Participants may not have ever had the opportunity to think of themselves as people with careers, or to plan careers for themselves. If this is the case, be sure to be encouraging of this activity, even if the ideas raised are not very realistic. There’s plenty of time for participants to figure out what is really possible. The first step is imagining a future.

### Outcomes:

By the time you’re finished covering Brochure 15, participants should:

- a) have had a chance to think about their long-term employment goals.
- b) have thought about how to balance employment with other aspects of their lives over time.
- c) have considered the possibility of developing long-term career goals and strategies for pursuing those goals.