

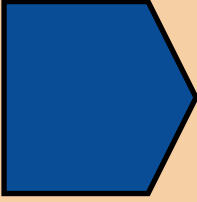


Individual Placement and Support (IPS) Supported Employment Program

Exploring Strengths

Use this space to talk about the things you care about, the things you know, and the things you can do. Think about hobbies, things in the community and at home, things at school and at work, and anything else you spend time doing. On the next page, we will explore how these things transfer to work skills.

<p>Heart Skills</p> <p>Things I care about</p> 	
<p>Head Skills</p> <p>Things I know</p> 	
<p>Action Skills</p> <p>Things I can do</p> 	

Transferring Skills to Work

Pick three strengths from each area and think about the kinds of work that rely on and celebrate those skills. Then, think of somewhere in your community that does that kind of work. Last, talk with your employment specialist about the places you would like to contact and decide if you will contact them together, if you would like your employment specialist to job develop first, or if you want to research independently.

Skills I want to use at work	Tasks that use those skills	Places that do those tasks

Places we should contact	Plan for next steps