

VCVTP Session Topics

Part One: Preparing to Find a Job

- Knowing and Finding the Right Job for You
- Overcoming Obstacles to going Back to Work
- Setting Reachable and Meaningful Goals
- Organizing Yourself for Success

Part Two: Looking for a Job

- Self-Awareness: Know What Your Strengths Are
- The Keys to Effective Communication
- Writing Resumes
- The Interview
- How to Improve Your Memory: Simple Strategies
- The Art of Negotiation and Compromise
- Find a Mentor

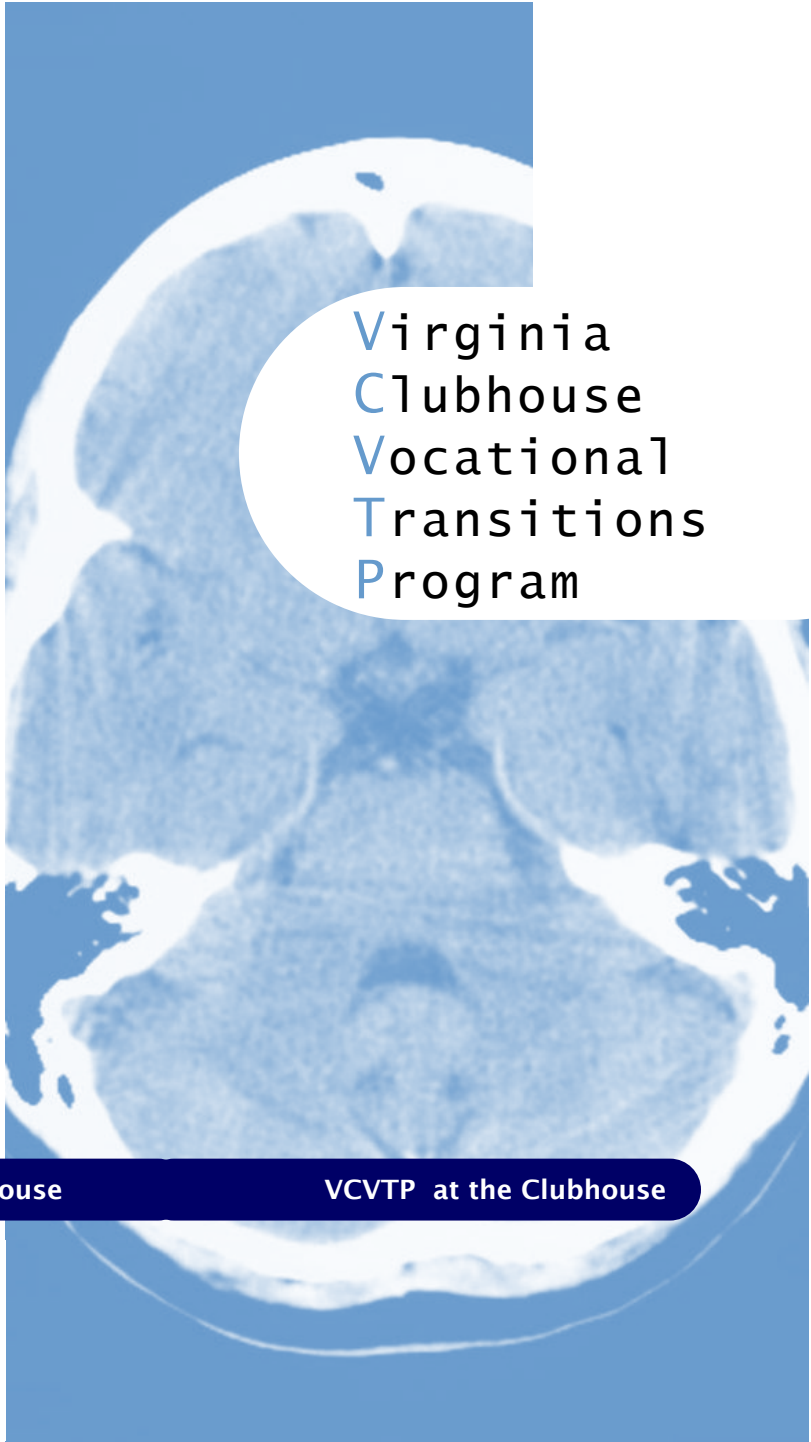
Part Three: Keeping a Job

- Tips for Successfully Starting a New Job
- Taking Good Care of Yourself
- Energizing and Fighting Fatigue
- Mastering the Art of Patience
- Managing Strong Feelings Effectively
- Effective Stress Management
- How to Improve Memory: Plan Ahead Strategies
- Effective Approaches to Solving Problems
- Avoiding and Learning from Mistakes

For more information:

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Commonwealth Neurotrauma Initiative
www.vacni.org

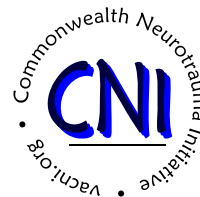


Virginia
Clubhouse
Vocational
Transitions
Program

VCVTP at the Clubhouse

VCVTP at the Clubhouse

VCU



We are excited to offer our members the Virginia Clubhouse Vocational Transitions Program!

Through VCVTP, members will have a chance to discuss and address the specific challenges of returning to work after a brain injury. This 20 session course was developed by our friends at Virginia Commonwealth University (VCU) in Richmond, VA. Funded through the Commonwealth Neurotrauma Initiative, the development of VCVTP not only included the expertise of VCU professionals, but also concerns and suggestions from clubhouse members with brain injuries. The resulting program focuses on the unique needs of a survivor of brain injury who seeks to return to work.

VCVTP at the Clubhouse

Start Date:

When:

Where:

For more information contact:

The FAQ of VCVTP

What is VCVTP?

The Virginia Clubhouse Vocational Transitions Program is a series of educational sessions and discussions held within the clubhouse meant to teach members work-related knowledge and improve employability.

What organizations are involved in the VCVTP project?

VCVTP is the product of a partnership between Virginia Commonwealth University and the brain injury clubhouses in Virginia. The project is funded by a Commonwealth Neurotrauma Initiative (CNI) grant.

Could I benefit from participating in VCVTP?

Any individual with brain injury who has a goal to return to work could benefit from participating in VCVTP.

Can I participate even if I don't have a current goal to go back to work?

Yes. Though VCVTP focuses on the development of work skills, many of the sessions are valuable for survivors of brain injury without vocational goals. Members who have goals to be better organized, increase ability to handle stress, or develop memory skills could benefit from the program.

What topics will we discuss in the VCVTP sessions?

VCVTP sessions cover a variety of topics including interview skills, writing a resume, and organizing yourself for success. For a full list of session topics, see the back of this brochure.

How long does the program last?

The program consists of 20 sessions held twice a week at the clubhouse. At the end of the program, we will hold a graduation ceremony to acknowledge those members who have successfully completed the program.

How many members can participate at one time?

VCVTP is designed to be presented to small group of members— no more than six at one time.

If I can't participate in this VCVTP session will I still have a chance to participate later?

Yes. Though our current session is limited in the number of members who can participate, we will be offering VCVTP regularly within the clubhouse.

How can I sign up for VCVTP?

All you have to do to sign up for VCVTP is talk to your Unit Coordinator and make sure you arrange your clubhouse attendance and transportation around the session times.