

RISE



RISE: Reintegrating Individuals Successfully Everyday(RISE), is a personal and professional development program created to empower individuals that have multiple barriers to obtaining gainful employment. This program utilizes a holistic approach, giving participants the knowledge they need to rejoin the workforce. Ideal candidates will have already passed TABE and are currently looking to start a career.

Agenda for RISE

The RISE sessions include:

- **Day 1:** Digital Literacy and Dependability
- **Day 2:** Attitude, Making Good Choices, Class Project and Ethics
- **Day 3:** Conflict Resolution, Team Building, Communication and Change Leadership
- **Day 4:** Emotional Intelligence, Trauma Informed Care, Activate the Champion and Budgeting
- **Day 5:** Optimizing Your Energy, Healthy Relationships, Class Project and Self-Presentation
- **Day 6:** Pathway Discussion, My Next Move and Personal Branding
- **Day 7:** Creating a resume, Indeed + Goodwill and Job Search
- **Day 8:** Tough Interview Questions, Speed Interviews, Mock Interviews and 3 R's
- **Day 9:** Job Interviews by employer partners
- **Day 10:** Graduation



For more information, speak with your career coach.

SESSIONS ARE

16 cohorts held annually
Program Length: two weeks
Monday – Friday
10 a.m. – 3:30 p.m. EST
9 a.m. – 2:30 p.m. CST

Opportunity Center: Lexington

130 W. New Circle Rd. STE 110
Lexington, KY

859 - 277 - 3661

The classes in your Opportunity Center may vary based on community partnership presentations.



GOODSTART



GoodStart courses are available weekly in our Opportunity Centers and each course runs for one hour to one and a half hours. Class times vary per week to allow clients an opportunity to participate in their desired classes at times that work with their schedules.

GoodStart Courses Include:

- **Ethics:** Clients will learn about right and wrong behavior, what constitutes good or bad actions and the justification of what makes them right and wrong.
- **Customer Service:** Clients will learn to provide friendly and courteous customer service to both internal and external customers.
- **Stress & Anger Management:** Clients will learn about the body's reaction to stress, the different types of stress, and how to reduce stress while also learning about managing anger that arises.
- **Decision Making:** Clients will learn to recognize problems or decisions that need to be made and identify how and why we avoid making decisions.
- **Motivation:** Clients will learn about what may be the biggest obstacle to their motivation and learn tools to stop self-sabotaging behaviors.
- **Organizational Skills:** Clients will learn about the benefits of organization and planning and how to develop an action plan for getting organized at home and/or work.
- **Self-Advocacy:** Clients will learn about their rights at work. This covers federal and state laws while also looking at some standard benefits offered to employees.



**ASK
CAREER COACH
FOR CLASS
SCHEDULE**

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www.goodwillky.org

SSA 101



Soft Skills Academy 101 is a new offering for 2023. It consists of six modules designed for clients with major barriers to employment or who are currently unable to work. This training has been designed to cover the following topics with a focus on general life skills.

Session Topics:

- **Attitude:** Clients will learn about the role that attitude plays in daily life and strategies for developing a positive attitude.
- **Communication:** Clients will learn basic communication skills and best practices for effective communication.
- **Conflict Resolution:** Clients will learn about what makes up conflict and how to use it for everyday life.
- **Dependability:** Clients will learn about the positive impact of dependability and explore different attitudes and behaviors that display dependability.
- **Safety:** Clients will learn about safety risks facing Kentuckians, techniques for improving physical and mental health safety and how to effectively manage stress.
- **Self-Presentation:** Clients will learn about some of the elements that make up an individual's presentation to others, such as body language and communication.



**WEEKLY
CLASSES**
are offered
Tuesdays and/or
Thursdays
9 a.m. – 4 p.m. EST

Opportunity Center: Lexington

130 W. New Circle Rd. STE 110
Lexington, KY

859 - 277 - 3661

**For more information, speak
with your career coach.**



SSA 201

In-Person
Louisville & Lexington



Soft Skills Academy 201 consists of six modules designed for our employees who recently got hired into the Goodwill family. In this full-day event, we will cover the six soft skills that companies agree are crucial for success.

Session Topics:

- **Self-Presentation:** Clients will learn how behavior influences their overall self-presentation.
- **Dependability:** Clients will learn tools to become dependable in their careers.
- **Attitude:** Clients will evaluate their own attitudes and identify ways to change in order to demonstrate a positive attitude at work and to respond to the negative attitudes of others.
- **Communication:** Clients will learn about non-verbal and verbal communication at work and explore communication styles.
- **Conflict Resolution:** Clients will learn about the impact of conflict and why it occurs and will identify the steps for conflict resolution.
- **Team Building:** Clients will learn key characteristics of a successful team—including recognizing and appreciating the diversity of a team—and will be able to explain the five stages of team development.



IN-PERSON WEEKLY CLASS

Louisville & Lexington

Wednesday
9 a.m. – 4 p.m. EST

VIRTUAL WEEKEND CLASSES

3rd Weekend Each Month

Friday Evening:

5 p.m. – 9 p.m. EST

4 p.m. – 8 p.m. CST

Saturday Morning:

9 a.m. – 12 p.m. EST

8 a.m. – 11 a.m. CST

Opportunity Center: Lexington 859 - 277 - 3661

130 W. New Circle Rd. STE 110
Lexington, KY

For more information, email
elevate@goodwillky.org.



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DIGITAL LITERACY PATHWAY



Our digital literacy pathway is designed for clients to learn the absolute basics of computers and then progress into our Applied Digital Skills platform. After completion of these two trainings, they are eligible for a Chromebook.

ABSOLUTE BASICS OF COMPUTERS (ABCS)

The ABCs program introduces clients to the basics of computers and digital literacy. It involves in-class learning with a facilitator to help guide an individual to success in utilizing technology that may be new to them. In this class, clients will focus on learning:

- **Basics of Computers (1st class)**
- **Internet Basics (2nd class)**
- **Using Email (3rd class)**
- **Computer Assessment (4th class)**

This program will be rolling out to all Opportunity Centers in 2023 but is currently only offered in our Louisville location. In Louisville, the program is offered every Monday and Wednesday from 10 a.m. to 12 p.m. EST for two weeks. To receive a certificate of completion or to be enrolled in Applied Digital Skills, clients must pass each assessment with an 85% or higher.

APPLIED DIGITAL SKILLS (ADS)

ADS is a self-paced learning tool from Google. It teaches people all the features Google offers, known as G Suite. ADS empowers adult learners with digital literacy skills using Google's Online Classroom while also giving them an opportunity to earn a Chromebook and a Google certificate. Once you have passed the Northstar Assessments with an 85%, speak to your Opportunity Center staff to get enrolled in ADS.



Currently, we have the following lessons available:

- **Lesson 1:** Use Google to Get a New Job – How to conduct a successful job search using digital tools.
- **Lesson 2:** Use Digital Tools for Everyday Tasks – Learn to communicate more efficiently through emails, internet searches, and digital documents.
- **Lesson 3:** Send Emails in the Workplace – Learn how to write emails for specific workplace situations.

For more information, speak with your career coach.

