

# Cognitive Skills Development Groups

## *Vocational Readiness Training*

Clients will be encouraged to begin the transition back to the workforce as a means of restoring self-confidence and self-respect as they move toward independence. Vocational adjustment groups specifically address work-related behaviors that are/may impede a client's progress toward gaining competitive employment or retaining their current job. The training addresses a variety of vocational needs including (but not limited to): appropriate grooming, workplace conduct, social/interpersonal



skills, coworker interactions, learning style adaptations, self-advocacy and supervisory interaction. It also provides assistance in exploring accommodation strategies for physical limitations, stamina during the workday, maintaining concentration, staying organized and maintaining deadlines, handling emotions and change. Clients explore various careers, realistic job goals, resume writing, interviewing skills, vocational counseling options, etc. Groups are one hour in length and documented in a progress note to include date, times, and signature of client and instructor. An experienced professional facilitates the training.