

M O D U L E

# 08

HELP FOR EMPLOYERS

# Life Skills & Employment Success

## Module 8 - Help for Employers

Created 2024 by My Neighbor to Love Coalition  
and Lighthouse Beginnings

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My Neighbor to Love Coalition  
P.O. Box 581  
Nisswa, MN 56468  
info@mntlc.org

Lighthouse Beginnings  
8055 Industrial Park Road  
Baxter, MN 56425  
scott@lighthb.org

Workbook content was compiled and prepared by Vicky Kinney,  
My Neighbor to Love Coalition.

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# Module 8

## HELP FOR EMPLOYERS

SECTION 1 -

SECTION 2 -

SECTION 3 -

SECTION 4 -

Module 8  
Section 1

# HELP FOR EMPLOYERS

Finish this section

# IN THIS SECTION YOU WILL:

## CHANGE

Discover what you need to see your dreams come true.

Explore your current situation and what you want to change.

Find out how to make a plan to achieve your goals.

# HELP FOR EMPLOYERS

## **Dreams have more power over our lives than any other motivation.**

Dreams help motivate us toward the future we want to have. Pursuing those dreams and turning them into goals isn't always easy. Life has a way of squashing our dreams. Past mistakes, discouragement, low self-esteem can cause us to settle for less. Settling for less than you are meant for is the easy way. It takes courage and work to unleash all the potential you have inside.

Sometimes you can feel a dream so strongly that it feels like it's your destiny. Then comes the setbacks. Sometimes things don't work out as well as we thought they would. We can do everything right, and it still can turn out wrong. It's all part of the process. Your dreams might get buried under some dirt for a while, but as long as they are still alive, there is still hope. Don't give up. Get your passion back and keep trying.

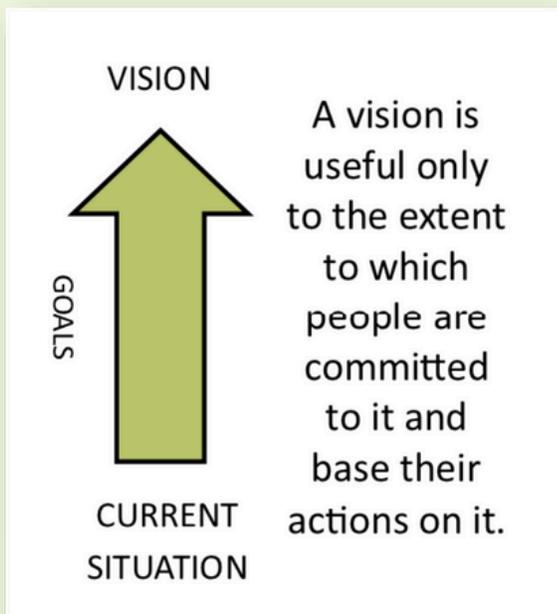
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When you want a dream to come true, you need to be in it for the long haul. Keep looking for new opportunities. Don't let people try to talk you out of it. Don't let your circumstances convince you that you can't achieve your dream. Don't let criticism or failure shut you down. Your attitude is important. You need to believe you can do it and you have to be willing to make a change in your life. You might need to learn new skills or educate yourself in order to see your dreams become reality. You will have to put in time, sweat equity, commitment, and sometimes sacrifice to get where you want to go or become who you want to be.

**“Whether you think you can, or think you can't, you are probably right” - Henry Ford**

Take a few moments to think about your dreams. The next step is to write them down. There's an old saying that says, 'If it doesn't get written, it doesn't get done.' Steven Covey, the author of the book - “The 7 Habits of Highly Effective People” says to start with the end in mind. It is important to have a clear vision of your goals and values. You need to know what you're shooting for - what target you're aiming at.

Once you have a clear vision of your dream, you need to understand that every decision you make should lead you toward that dream. Other people may try to sway you away from your dreams and goals. Make sure you surround yourself with people who will support and encourage you. Stay away from people who are not positive influences in your life. When you need to make an important life decision, ask yourself, "Is this leading me toward my dreams?"



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What is one SMART goal you want to work on first?

# PRACTICE, ROLE PLAY, OR JUST MORE TO CONSIDER

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# Christ-centered Corner

Extra encouragement from a Christian perspective.

Module 9  
Section 2

REPLACE

Finish this section

# IN THIS SECTION YOU WILL:

Learn there's no comfort in the growth zone... and no growth in the comfort zone.

Understand the impact of making poor decisions.

Discover how to make a shift in decision making.

Find out the importance of writing down dreams and goals. (It starts by making choices.)

# THE IMPACT OF CHOICES

## Content to be updated

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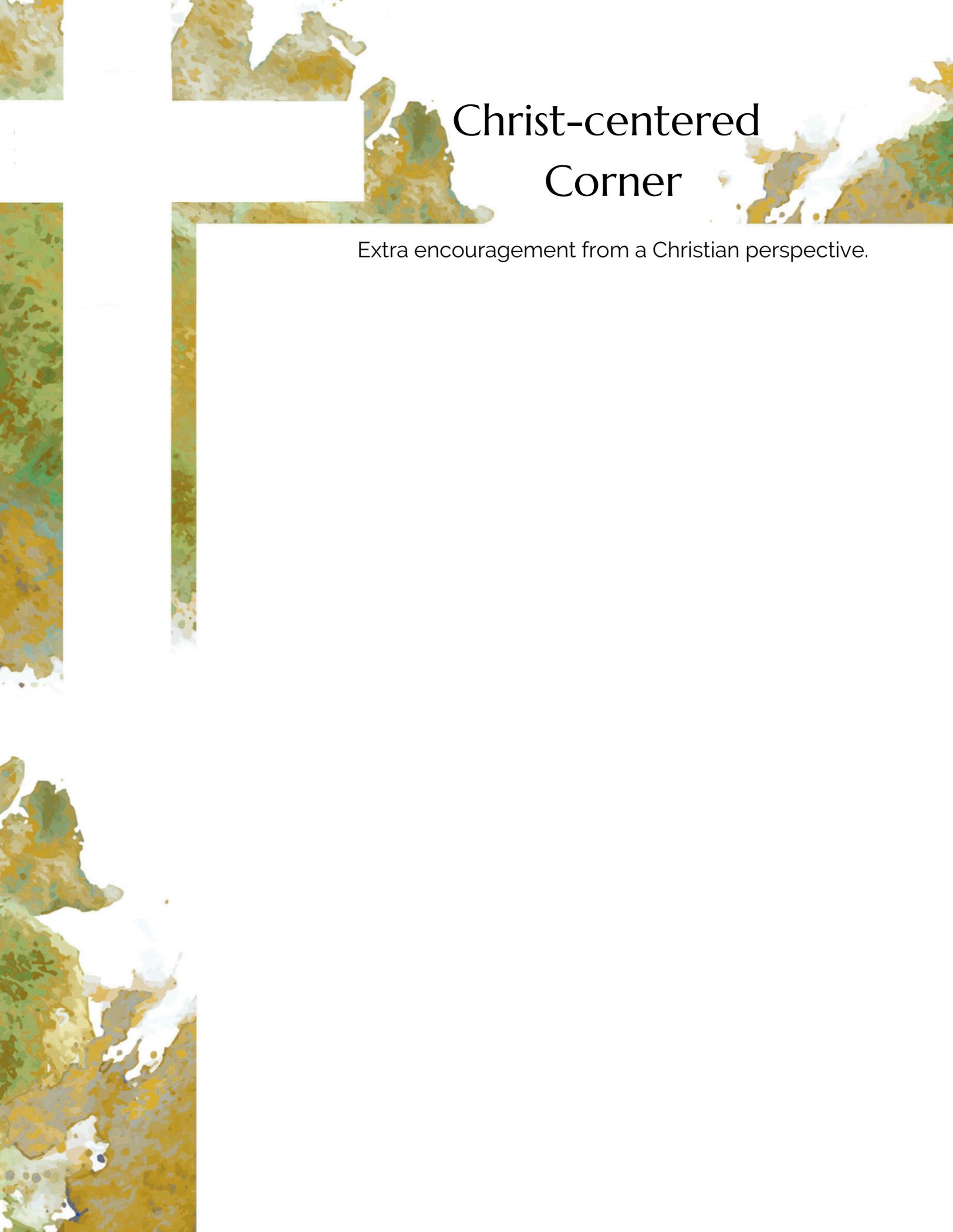
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# RESOURCES



# Christ-centered Corner

Extra encouragement from a Christian perspective.

Module 9  
Section 3

REPLACE

Finish this section

# IN THIS SECTION YOU WILL:

Understand what resiliency means and why it's important.

Find out different things you can do to develop resiliency.

Discover how changing the way you think can affect how resilient you are.

Explore how to develop your inner strength.

# DEVELOPING RESILIENCY

## What is resiliency and how do I get it?

Resilience is a skill that helps us stay strong when things are hard. It's like bouncing back after something bad happens or when we feel stressed. We can learn how to be resilient by doing different things and changing the way we think. This guide below will help you develop resilience.

### 1. **Develop a Growth Mindset**

Having a Growth Mindset means thinking that challenges are opportunities to learn and grow, not just really hard problems. It also means believing that when we make mistakes, we can learn from them. Even if things don't go well at first, we know they won't last forever.

### 2. **Cultivate Self-Awareness**

Knowing yourself is important. It means understanding what you're good at and what you're not so good at. It also means knowing what makes you feel upset. When you know yourself well, you can tell when you're feeling too stressed and do things to help you feel better.

### 3. **Build Strong Connections**

Having strong connections with others is important. It means having good friends, spending time with family, and getting to know people in your community. When you have people who care about you, it helps you feel better when things are hard. You won't feel alone because you have support from those who love you.

### 4. **Practice Adaptability**

Sometimes things don't go the way we want them to. That's when we need to practice adaptability. Adaptability means being able to change and go with the flow when things don't go as planned. It's like being flexible and adjusting our goals and plans when unexpected things happen. It's an important skill to have because it helps us handle different situations and challenges that come our way. So, let's remember to be adaptable and go with the flow!

### 5. **Develop Problem-Solving Skills**

Developing problem-solving skills means getting better at finding solutions to problems. It's like when you have a big challenge, you can make it easier by breaking it down into smaller steps.

You can also think of different ways to solve the problem and then take action to make those solutions happen. So, problem-solving is all about finding ways to fix things and make them better.

#### **6. Cultivate Optimism**

Being positive is important, even when things are tough. It's good to focus on the good parts of a situation and try to make it better or learn from it.

#### **7. Practice Self-Care**

It's important to take care of yourself by doing things that help you relax. You can exercise, meditate, or do hobbies that make you happy. When you take care of yourself, it helps you handle stress better and makes you stronger.

#### **8. Set Realistic Goals**

Taking care of yourself is super important. You can do things like exercise, meditate, or do hobbies that make you happy. When you take care of yourself, it helps you handle stress better and makes you stronger. So, remember to take time for yourself and do things that help you relax.

#### **9. Develop Coping Strategies**

When we feel stressed, it's important to have ways to make ourselves feel better. This is called developing coping strategies. Coping strategies are things we can do to help us calm down and feel less stressed.

Some examples of healthy coping strategies are taking deep breaths, writing in a journal, or talking to someone who can help us. These strategies can help us feel better when we're feeling overwhelmed.

#### **10. Learn from Adversity**

Some things in our lives can be really hard and make us feel sad or upset. But we can learn from these tough times and become stronger. It's like when we have a difficult problem, and we figure out how to solve it. We can use our past experiences to help us handle tough things in the future. So even though it might be tough right now, we can learn and grow from it.

#### **11. Maintain Perspective**

When it feels like everything is going wrong, it's important to remember that tough times don't last forever. You've faced challenges before, and you've proven how strong you are. When things get tough, think about all the things you're good at and how capable you are. Stay positive and keep pushing through.

#### **12. Seek Support When Needed**

Remember that when times get tough, you don't have to face it alone. You can reach out to someone you trust for help and advice. It takes courage to ask for support when you need it, and it doesn't mean you're weak.

Remember, resilience is something you can get better at with practice and commitment. By doing these things every day, you can become more resilient and have the inner strength to handle challenges with grace and determination. So, keep trying and never give up!

### Sheila's Story

I have experienced some difficult times in my life. I live on property my family has owned that property since I was three years old. It's our family home and it's also where my dad and sister died.

I was 12 years old when it happened. We all used to live happily together in that home until January 27th, 1980. That's when our house caught on fire. I was sleeping at the time. My dad came into my room holding my sister. It was around 5:30 in the morning. He woke me up and told me to follow him because the house was on fire. Our bedrooms were all upstairs. I was scared, but I could see the flames shooting up. Since it was extremely cold in Minnesota on January 27th, I was able to open my window because of the heat inside the house. I jumped from my second-story window and ran around the side of the house. My mom was about to go back inside because she thought nobody had gotten out. I called her and she jumped too.

Unfortunately, my dad and sister never made it out of the house. I went to the doctor, and they said I was very close to dying from smoke inhalation. My dad saved my life that day.

The day of the fire was also my mom's 33rd birthday. After the fire, my mom and I stayed with friends for a year. My mom was resilient and strong. She used that time to recover.

Later, we rebuilt on the same property where we lost our house. My great grandmother moved in with us in 1982. During that summer, one of my friends had a horse and I asked if I could ride it. I got on the horse, and she gave it a slap. The horse got scared by the traffic and ran away. I fell off and cracked my skull. I had to be taken by helicopter to a Minneapolis hospital. I was in a coma for about four to five days.

I wasn't there to remember this story, but my mom and her friend told me what happened. They said the doctors told my mom that I only had a 10% chance of surviving. And if I did survive, I might have problems with my body and my brain. At that time, there was swelling in my brain, and they were going to do surgery to fix it. But luckily, the swelling went down on its own overnight, so I didn't need the surgery. As far as I know, I don't have any physical or mental damage from the accident.

After that, my mom got married to a really nice man. I was about to graduate, and I felt really good about my life. I knew my mom wouldn't be alone anymore. I also met a man who I later married, and we had two sons together.

One evening, there was a knock on the door. When I opened it, there was a man there to tell me that my mom and stepdad had been in a car crash and they both died right away.

My boys were 6 and 8 years old at that time. They had just lost their grandmother. I was only 29 years old. My mom was the last family member I had left. But I kept going.

We made some decisions in the next few months. We decided not to sell the family property. I had many memories there. It was where my family lived and where my kids grew up. I just really wanted to stay there. So we chose not to sell it.

Life went on, our boys grew up and we were happy and healthy. A couple days after I returned home from visiting my son in Minneapolis, we got a knock on the door around 5:30 in the morning. It was a state patrol officer telling me that my youngest son had been in a very bad accident. He was in critical condition in Minneapolis and he died before we could get there.

For the past eight years, I have been keeping busy and helping out in the community. That's what works for me.

Your story may be different from mine and mine may be different from yours, but most of us have all had some bad experiences at one time.

I share my story because it's possible for us to move forward and not let our past define us. I'm always happy to share mine if it helps just one person. It's worth it because I have been through a lot and have strong connections and friendships in our community. That's how I have been able to keep going. I stay busy because that's what works for me. I like being involved in our community and reaching out to others.

I want to give you the message that sometimes things don't go as planned, like losing a job or a spouse. The life you imagined may not be turning out the way you thought it would, and I never would have expected my life to be like this either. But we can take what happens to us and make choices about how we want to live our one life. Find people who support you and make decisions that will help you overcome what has happened. You can move forward, too.

# NOTES

# DISCUSSION QUESTIONS

1

Think about a time when you made a mistake. How did you use that experience to get better?

2

Why is it important to practice optimism when facing challenges?

3

What are some things you can do to take care of yourself physically and mentally? How do these activities make you feel?

4

Reflect on a difficult time you've been through. What did you learn from that experience and how did it make you stronger?

5

Think about a time when you had to cope with stress. What healthy strategies did you use to manage your emotions and find balance?

6

Think of a time when you faced unexpected challenges. How did you adjust your goals and handle the situation?

7

What are some coping strategies that work for you when you feel stressed or down?

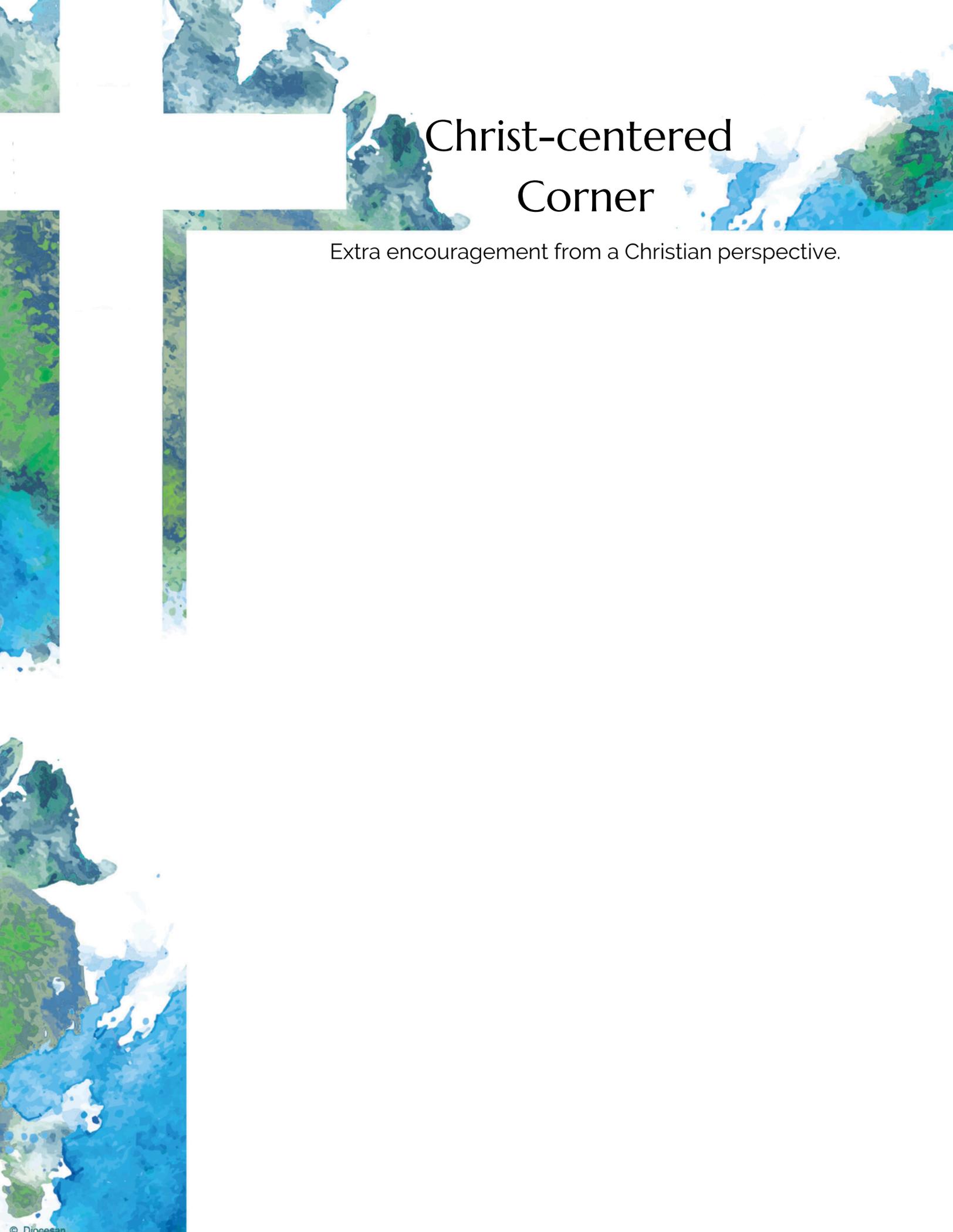
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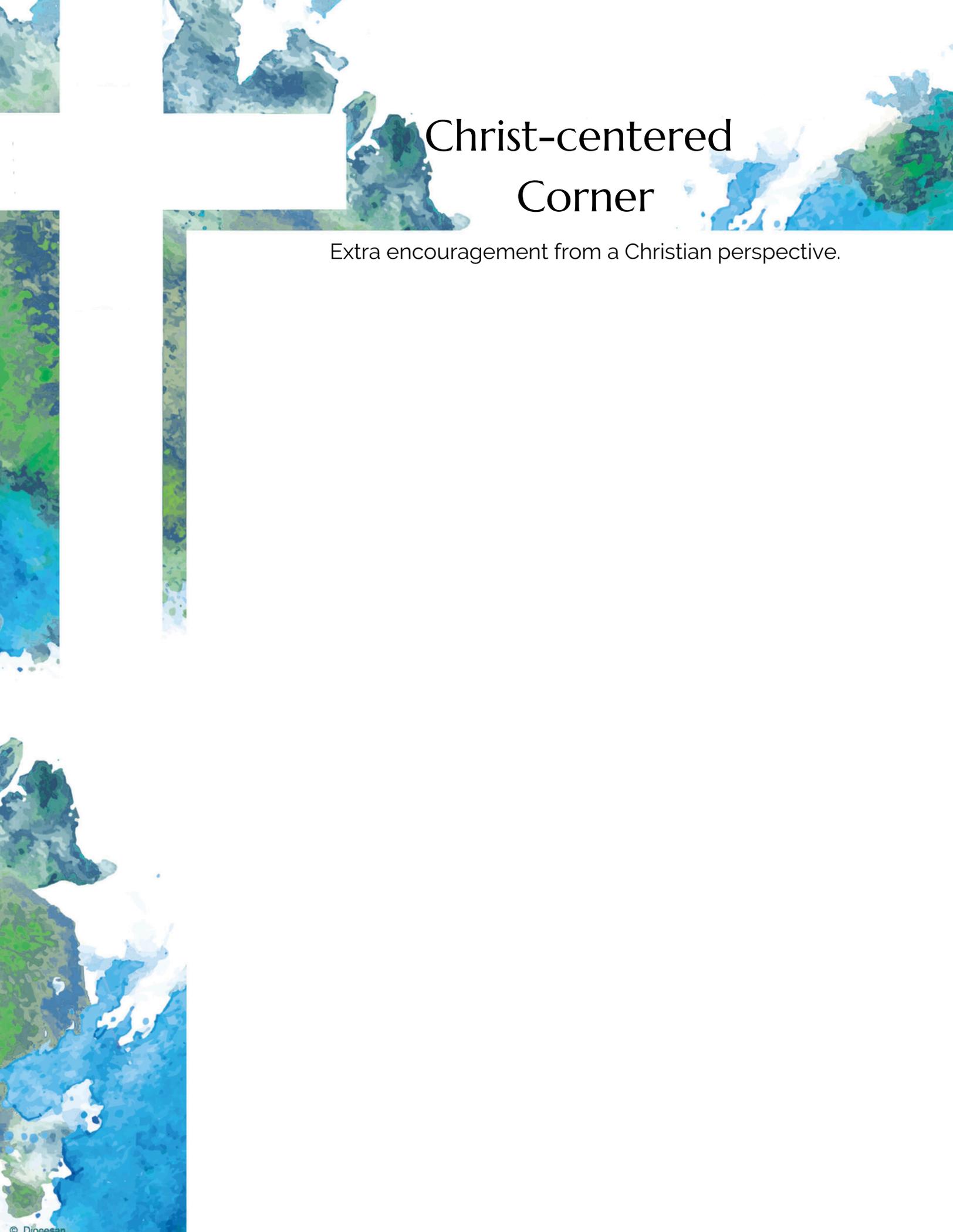
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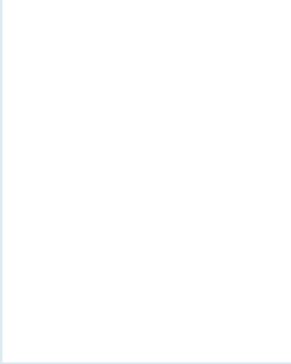
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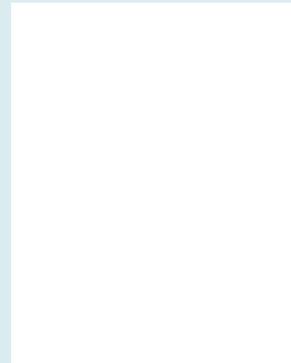
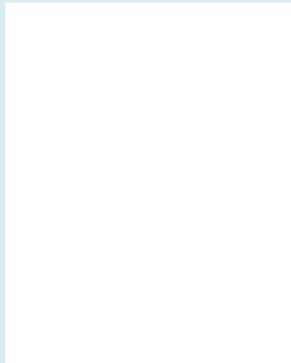
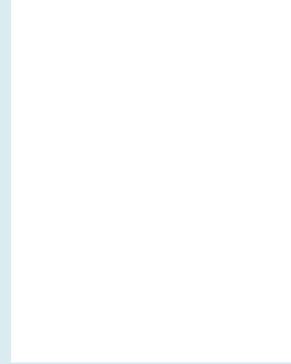
KARL SAMP

Presenter



JILL CASPER

Presenter



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