



DREAM IT * BE IT
CAREER SUPPORT
* {for girls}

Workshop
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SOROPTIMIST
Best for Women



LIVE YOUR
dream
.org

What is Available to Help Clubs Participate?



- Club Planning Toolkit
- Club Project Guide
- Curriculum

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Club Planning Toolkit



Conduct Community Assessment
Form Girls Advisory Group

Select a Model
Build Partnerships

Determine Budget
Plan for Fundraising
Report Progress



Club Project Guide



Background Checks
SIA Procedures for Working With Youth

Girls Advisory Group
Adapting the Curriculum for
Audience/Setting (Model)/Location
Ice Breakers
Career Guidance Session

Reporting & Evaluation Toolkit
Two Reports
Track Participation/Measure Impact



Curriculum



SESSION 2: Exploring Careers

Learning Objectives:
Identify Personal Values & Skills
Values and Possible Careers Connections

Classroom Activity:
Work Value Inventory
My Values, My Career Possibilities
Tying It All Together



Curriculum



SESSION 3: Creating Achievable Goals

- Learning Objectives:**
- Associate Specific Characteristics With Successful Goals
 - Write Personal Goals and Short/Long-Term Action Steps

Classroom Activity:
Writing Original Goals
Specific/Measurable/Attainable/Relevant/
Time-bound



Curriculum

SESSION 4: Rising Above Obstacles

Learning Objectives:

- Identify Obstacles Faced By Women in Professional Life
- Create Flexible Solutions to These Obstacles and Put Them in Practice

Classroom Activity: Game of Life

- Reflection
- Obstacles to Career Success/Solutions to Obstacles
- Enacting Solutions Skit
- Planning Ahead Handout



Game of Life

Game Board

Game of Life Playing Cards

Red and Blue Teams



Game of Life Reflection



- What happened during the game?
- What did you notice?
- How did it make you feel?
- Why was the Game easier for some of you than for others?
- Who do you think each team represented?
- How does this game relate to real life?

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Obstacles to Career Success



1. Low Self-Esteem and Poor Body Image
2. Physical and/or Sexual Violence
3. Bullying and Peer Pressure
4. Family Obligations
5. Sexual Harassment
6. Sex Discrimination

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Solutions to Obstacles



1. Seeking a Mentor
2. Developing a Support System
3. Practicing Self-Care
4. Becoming an Advocate for Change



Overcoming Obstacles Planning Ahead



- What are some possible obstacles to my goal?
- Who can help me to overcome these obstacles?



Curriculum



SESSION 5: Turning Failure into Success

Learning Objectives:

- Identify Key Characteristics of Resilience
- Consider Lessons Learned from Experiencing Failures

Classroom Activity:

Human Knot Activity
Learning from Setbacks



Curriculum



SESSION 6: Balancing Your Stress

Learning Objectives:

- Define Stress and Identify the Sources
- Demonstrate Various Strategies for Managing and Coping With Stress

Classroom Activity:

Juggle Mania
Identifying Stress/How to Take Care of Yourself/Self Care Plan
Changing Your Thinking to Reduce Stress



Curriculum



SESSION 7: Putting Dreams Into Action

Learning Objectives:

- Explain One Personal Goal and Short/Long Term Action Steps
- Identify Potential Support System
- Name Local Post-Graduate Resources

Classroom Activity:

- My Personal Plan
- Ask An Expert



Dream It: Be It SAR Club Participants



- SI Frostburg
- SI Kent & Queen Anne's Counties
- SI Hampton Roads
- SI Montgomery County, MD
- SI Raleigh, NC
- SI Talbot County, MD
- SI Upper Montgomery County, MD

