

Ready to Transform Your Life?
APPLY TODAY FOR THE READY4WORK PROGRAM

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JOEY'S SUCCESS STORY



Joey was raised by both his mother and father until the age of 14. Two years later, Joey began abusing illegal substances which eventually turned into an addiction. His need to fund his addiction resulted in his incarceration. Joey was released for only 72 hours when he found himself behind bars once again. While completing his sentence for a second time, he knew he needed a plan. Joey decided to take advantage of the programs that were available to him so that he would have the resources he needed to stay out of the system. Through his research, Joey learned about the Ready4Work-Hillsborough employment service program through a friend. From that moment, he decided to make Ready4Work-Hillsborough a part of his release plan. Joey applied and was quickly accepted into the program. During his time in the program, Joey gained life and job skills from his career development instructor and his career coach. By applying the job skills he obtained through the program, Joey became gainfully employed. After only two short months of working as a cook, he is now a kitchen manager. Joey is also enrolled in Metropolitan Ministries' Inside the Box culinary program with the hopes of furthering his career in the culinary field.

“ Ready4Work-Hillsborough became a vital key to my success by teaching me how to apply everything I learned. ”

Ready4Work-Hillsborough, operated by Abe Brown Ministries, is a replication of the national Ready4Work program. Utilizing a four-pronged approach encompassing case management, life-coaching, employability training and job placement assistance, Ready4Work motivates and moves individuals to become productive, responsible citizens within the community. Commitments and strategic partnerships with faith-based organizations, local businesses, community outlets and the judicial system assist to ensure individuals transition successfully back into the community.



CAREER DEVELOPMENT LESSON

SELF ESTEEM

“Everything that happens to you reflects what you believe about yourself. We cannot outperform our level of self-esteem. We cannot draw to ourselves more than we think we are worth.”

— Iyanla Vanzant

What does Self Esteem look like?

A person with HEALTHY Self Esteem does THIS:

- Lives life with an attitude of humility. Speaks the truth without fear of rejection, and with no intent to harm others.
- Knows how to separate **feelings** from the **message** being delivered.
- Don't take emotions at face value. They look beneath the surface to determine the reasons for those emotions.
- They don't follow the followers.
- They believe in the ability of others and encourage them.
- They are accountable to everything they say and do.
- They move from victim to victor and refuse to let the past control their future.

To build Self Esteem, challenge yourself to climb higher and take calculated risks. Remember: Fear can cause you to overestimate risk.

“Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did. So, throw off the bowlines, sail away from the safe harbor, catch the trade winds in your sails.

Explore. Dream. Discover.”

— Mark Twain



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