

# EXPRESS H.O.M.E. PROGRAM, INC

(Helping Others Magnify Education)



## Achieving Reachable Challenges & Heights

# Combined

Work Readiness \* Life Skills \* Career Exploration

6-Months

120 Days @ 2 Hours-240 Hours of Training

3-Months

80 Days @ 3 Hours-240 Hours of Training

12-Weeks

48 Days @ 5 Hours – 240 Hours of Training

Individual trainings are designed from services and lessons below

### **Building self-awareness**

Who are you ?  
Who do you want to be in 10-years  
Goal Setting  
(Education goals included)  
Short term  
Long term  
Weaknesses  
Strengths  
Changes you want to make  
Introduction to Community Service  
Putting it all together

### **Life Skills**

Communication and interpersonal skills. ....  
Decision-making and problem-solving. ...  
Needs Vs. Wants  
Creative thinking and critical thinking. ...  
Eating Healthy  
Self-awareness & empathy, . . . .  
Assertiveness and equanimity, or self-control.

Beyond the Classroom  
Leadership Skills  
Community Service  
Attitudes/Respect  
Family Responsibilities  
Anger Management  
Money management

### **Work Readiness (Basic)**

Filing out an application  
Signatures  
Attitudes in the workplace  
Work Safety  
Money management (pay checks)  
Teamwork vs Working alone  
Time Management  
Job Search Techniques  
Job Interviews  
Dressing for Success  
Education & Training  
Career Exploration  
Career Day

### **Career Exploration**

Assessments  
Career Research  
Job sampling  
Job Shadowing  
Speakers  
Traditional vs Non-traditional  
Job Fair visit or creation

### **Career Training**

How to reach your goal  
Education Required  
Training Schools  
On-the job training

### **Work Placement**

Job Shadowing  
Are you legal to work?  
Knowing your Social Security number  
Having 3 references  
Interview Clothing  
Job Coaching if needed

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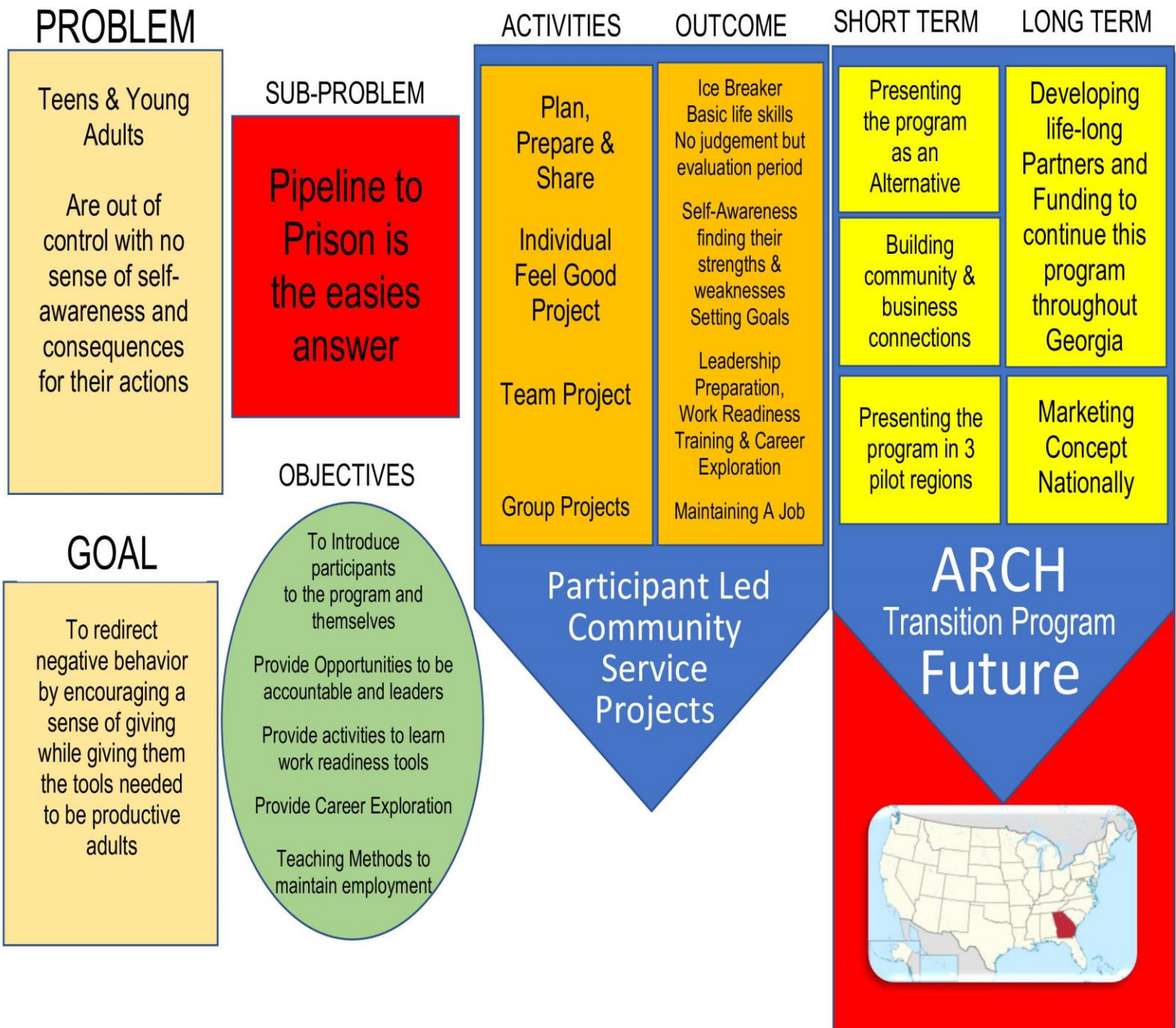
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Achieving Reachable Challenges & Heights

## ARCH TRANSITION PROGRAM LOGIC MODEL



# ARCH TRANSITION PROGRAM

## Self-Awareness

Who are you?  
Goal Setting  
Strengths & Weaknesses  
Actions causes Reactions (Consequences)  
Exploration of needs  
Life Skills, Accountability  
Introduction to giving  
Community Service Project  
(Ticket to Move On)

Job  
Search

Signatures

Filling out  
applications

Attitude  
in the  
workplace

Work Safety

Money  
Management  
Teamwork

Job Interviews

Dressing for  
Success

Education  
&  
Training

Attendance

Career  
Research

Assesments

Job Sampling

Job Shadowing

Traditional  
Vs  
Non-Tradional

Reaching  
your goals

On-the-job  
-training

Are you lega  
l to work

Knowing your  
Social Security  
Number

References

Putting it all together  
Who's the Boss  
Respect

Asking for additional Training  
Asking for accomodations  
Following Instructions  
Appearance  
Being on time  
Attendance  
Budgeting your paycheck

## Work Readiness & Career Exploration Maintaining Employment