

# WOMEN'S CAREER



## EXPLORATION SERIES

### DESCRIPTION

The Women's Career Exploration Series is a 3-part gender-responsive and trauma informed care series, grounded in the evidenced based practices of: Cognitive Behavioral Therapy; Motivational Interviewing; the Transtheoretical Model of Behavior Change; and Interactive Journaling. It teaches strategies to help women succeed in the workplace and offers insights to assist women to overcome employment barriers and move forward toward success in a long-term career. Components include: career path exploration, steps for success in the work place, identifying career paths that align with individual interests, building a professional network, applying for and gaining a job which leads to a career, establishing good work habits, and learning skills for thriving in the work place.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

### LOCATIONS

Available at all BOP institutions with designated females.

### NEEDS

Work

### PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Women's Career Exploration Series** must be delivered by the Special Populations Coordinator, Education, or qualified volunteer.