



Responsive to Women

With Bauman Consulting Group

Content Areas

Strengths | Wellness | Mental | Trauma
Relationships | Parenting | Work | Re-Entry

Audience

Corrections

Modules

8

Instructional Time

:90 Minutes Each
12 Hours Total

Format

Video Lectures | Activities
| Discussion Questions

Availability

DVD | Online



For Incarcerated Women

Video Topics



Self Reliance

Inventory of personal strengths and assets, where to find community support, basics of continuing your education, & basics of budgeting and lending.

Women's Wellness

Reproductive health, pregnancy and post-partum depression, self-care, managing emotions, substance use, & female-specific checkups by age.

Mental Matters

Key issues that incarcerated women face with regards to mental health, including: Depression, anxiety, self-harm, self-medicating, and post-release continuum of care.

Trauma Recovery

Understanding past trauma/abuse and typical responses. Where to go for help/care, identifying community resources, substance abuse impacts, and how to move forward.

Supportive Relationships

Identifying reliable social supporters, domestic violence issues, co-dependency, how to set boundaries, and definition of what positive relationships look like.

Navigating Motherhood

Childcare, child support, parenting basics, custody, managing separation/reunification, and maintaining contact during incarceration.

Women in the Workplace

Non-traditional career fields, off-limits interview questions, harassment, maternity leave, workplace discrimination, & pre/post-natal care.

Re-Entry Success

Forms of ID, transportation, temporary income assistance, collateral consequences of conviction, safe housing, job search & keeping on track.



Step-by-Step Class Sessions

1. Women in the Workplace

Facilitator Prep Guide

Unit Description:

Women who are returning citizens face unique obstacles in looking for jobs and in the workplace. Not only are women less promoted at work in general, but certain conventions will affect the jobs that female returning citizens are eligible to apply for. This unit will cover:

- Education, training and thinking outside the box.
- Today's interview questions.
- Harassment and discrimination.
- FMLA and other accommodations.

Unit Materials:

The materials for this unit that the students will need are:

- Worksheet
- Pencil

Success Traits:

The success traits addressed in this unit are:

- Creating your Future
 - Having Realistic Goals and Expectations (Activity)
 - Maintaining Focus (Discussion 1)
 - Making Smart Decisions
 - Thinking critically (Discussion 2)
 - Finding mentors and role models (Video 2)
 - Developing Work Ethic
 - Valuing Work (Video 1)
 - Building Resilience
 - Dealing With Failure (Discussion 1)
 - Gaining Trust
 - Acceleron Academy (Discussion 2)

1. Introduction to the Lesson

Today we are going to discuss the many steps required as a part of the job search process. We will examine these steps and how to successfully complete a job search while bearing not to become discouraged along the way. The structure of our class will be as follows:

Key Take-Aways from Each Video Segment (Continued)

Video Segment 1:

- Female returning citizens face unique **challenges** like low pay.
- The job search process includes: Prospect, Apply, **Interview**, Accept.
- You aren't limited to "women's work". Consider **non-traditional** own business.
- Certain questions are illegal in interviews, like questions about your age.

Current Bias

An article on often have it or aging into these steps.

Video Segment 2:

- In order to have success in breaking the glass ceiling, find a **g**.
- If you face harassment or discrimination, **report** it to your Human Resources.
- The Family **Medical** Leave Act may cover you if you need to take time off.
- Breastfeeding moms may be entitled to the use of a **lactation** room.

When a woman changes, at security, etc.

Breaking the Glass Ceiling

GROWTH

Find A Champion

Pursue New Skills

Be Your Own Advocate

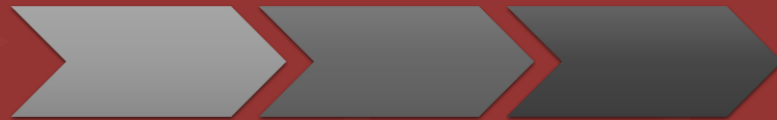
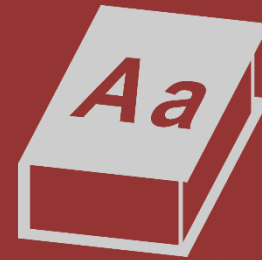
90- Minute Class Flow

:05	Introduction	Anyone Can Facilitate
:10	Video Segment 1	
:10	Discussion Questions	
:10	Video Segment 2	
:10	Discussion Questions	OR
:10	Quiz	
:30	Activity	Deliver Self-Paced
:05	Transitions	



Goals for Instruction

Vocabulary



Basic Process

Helpful Take-Aways





acceleronlearning.com



ResponsiveTo
WOMEN
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FREE Resources for Women Returning from Incarceration:

- Re-Entry Help
- Job Search
- Health & Wellness
- Parenting Skills
- Social Support
- AND MUCH MORE!

Visit www.responsivetowomen.com



- [illegible]

Volunteer Led



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CERTIFICATION**

IS HEREBY CONFERRED UPON

 By 



Self-Reliance
Women's Wellness

Mental Matters
Trauma Recovery

Supportive Relationships
Navigating Motherhood

Women in the Workplace
Re-Entry Success

INSTRUCTOR

DATE


CEO, ACCELERON LEARNING

Optional
Certification