



INTERACTIVE JOURNALING™

HEALING THROUGH THE PROCESS OF EVALUATION

Synopsis: This program has been designed to help you explore different thinking processes and topics. From identifying the power of self-talk to substance relapse prevention, to untangling relationships – this Interactive Journaling process is a proven gentle way of not only writing down your thoughts, and processing what they could mean, but also discussing with others what may have worked or not worked in the past for you. If you engage in the process, you will get a lot out of it. The program is not prescriptive, meaning that while you receive a book that you write your thoughts in, everyone is working on mastering their own individual life and abilities. Please discuss with your Career Coach what the current topic schedule it. You will be meeting your facilitator once per week for 1 to 1.5 hours and will be working out of the book that the group is currently working on. You will be in this program for a minimum of 8-12 group sessions, depending on your level of engagement.

Your assignments are based on the facilitator's instructions. Some assignments may be done in class, while others may be done prior to class. Once you receive a module topic, please work on the items within it, or as discussed/instructed by your facilitator.

If you have any needs pertaining to hearing, seeing, or comprehension of the material, please voice this to your facilitator upon entering the class or as the class progresses.

Disclaimer: After completion of 4 sessions, you are eligible for a \$50 incentive. Speak to your Career Coach about how to benefit from this. There is another \$50 incentive upon completion of all 10 modules.

Name: _____

I acknowledge the receipt of this Program Description. I know that I have to come on time and engage with the group in order to receive the incentives offered.

Signature: _____ Date: _____

Name of the person who told me about this group: _____

UNDERSTANDING AND
BUILDING SELF

MAINTAINING LASTING
CONNECTIONS AND
SUPPORT SYSTEMS

HELPING OTHERS

SETTING GOALS
AND WORKING
THROUGH THEM

POSITIVE
SELF-CONCEPT
AND IDENTITY

MODELING
POSITIVE
CHANGE



The Spot is a partnership between KentuckianaWorks and Goodwill Industries of Kentucky, Inc. These programs are funded by Louisville Metro Government, Office of Safe and Healthy Neighborhoods.