

Focus on building a strong working relationship with your client.

- Emotion coaching (see handout)
1. Reflecting why they might be feeling how they're feeling
 2. Providing emotional support
 3. Providing practical support



What do you need in this moment?
Whaen you've felt like this before, how did you get through it? What helped?

Considering whats in/out of their control, their options (and pros/cons of each), and goal-setting.

What's out of my control?	What's within my control? (Think of all the options you can, even ideas that don't seem very good. Doing nothing is also an option.) e.g.,: <ul style="list-style-type: none">• Check my social media• Tailor resume to job postings, or edit resume for typos/brevity/formatt ing/keywords• Reach out to the business to follow-up with your application (over the phone in person)• Job development support• Hand out applications in person• Keep applying to similar jobs (or different jobs)• Consider training or experience that will qualify you• Apply to postings no older than ~3-7 days old• Self-care through this process• Take a few days or a week off• Do nothing Pros and cons of each option?	So, what do I do now? (What do I start with?)
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Motivating self-compassion break.

Re-evaluating the plan, expectations around timelines: On average, it takes IPS participants about 4 months to find work. Is there a way to communicate to youth that it might take more time to find work?

- What is the goal? (What's plan A, plan B, plan C?) Do we keep the same goal, or change it in some way? (Respect their choice, even if it might take longer, but communicate this concern to them.)
 - Would any training support their goals?
- What will you do on a weekly basis to move toward your goal?
- What can I do on a weekly basis to support you and your goal?
 - Job development?
 - Reminders?
 - Editing/reviewing resumes/cover letters?
- How long will we try this plan/these strategies before we come back together and talk about how it's going?
- What have you found helpful?
- What hasn't been working so well for you? What could I do to better support you?

Revisiting the goal:
Having a discussion around values, ensuring the work/school goal is in line with what's important to them (as a motivating factor)

Honour their timeline:
Youth come back when they're ready if the invitation is there, and some rapport has been built. Invite them to reconnect when they feel ready.

Carry hope for them.