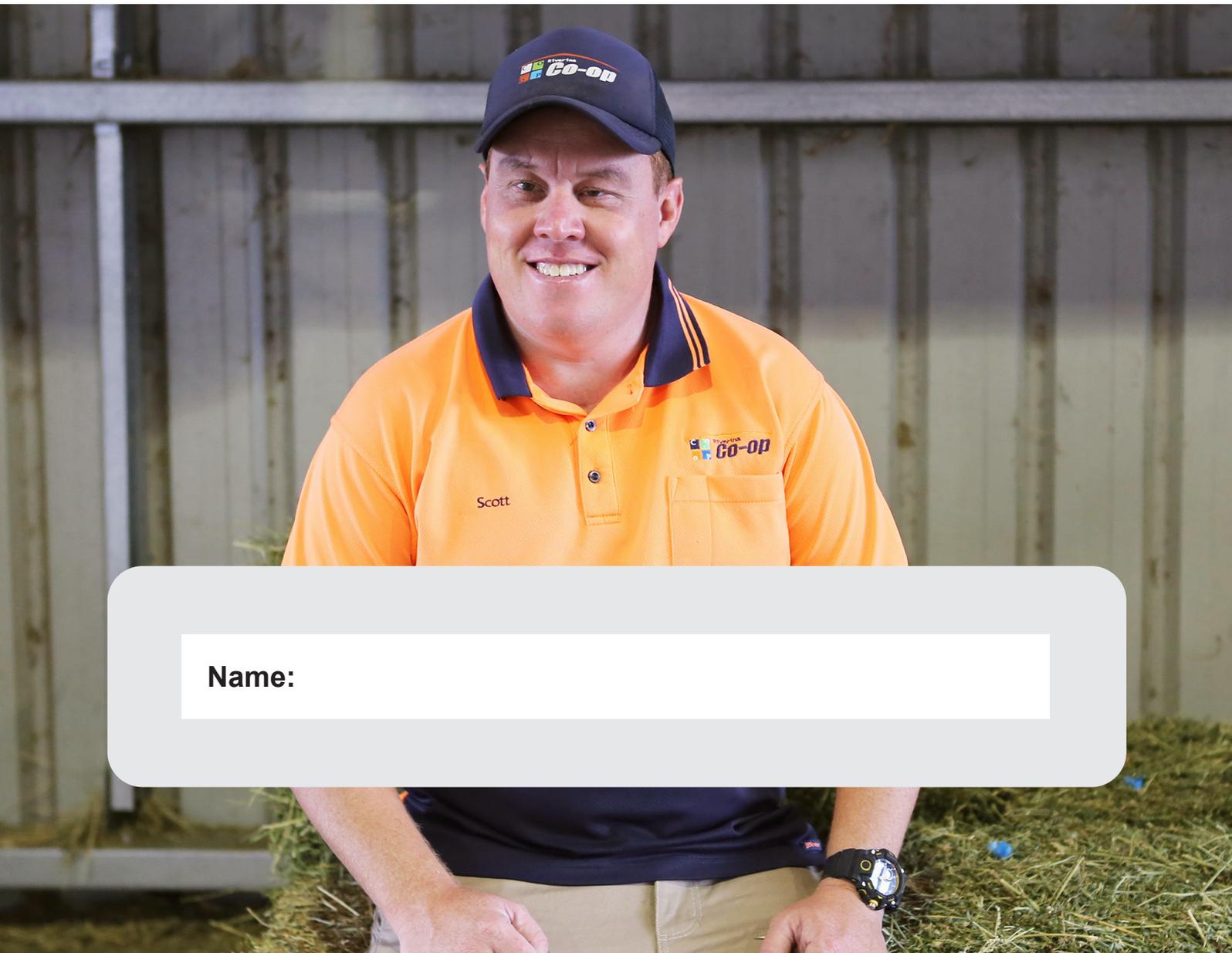




More Than Just a Job Workbook



Name:

How to use this workbook



This is a workbook to help you think about jobs.

You can use the activities in this workbook to think about things like

- What you are good at
- What is important to you
- What kind of jobs you could try.



Take your time to fill in this workbook.



You can ask someone to help you do the activities.



This could be a

- Support worker



- Family member



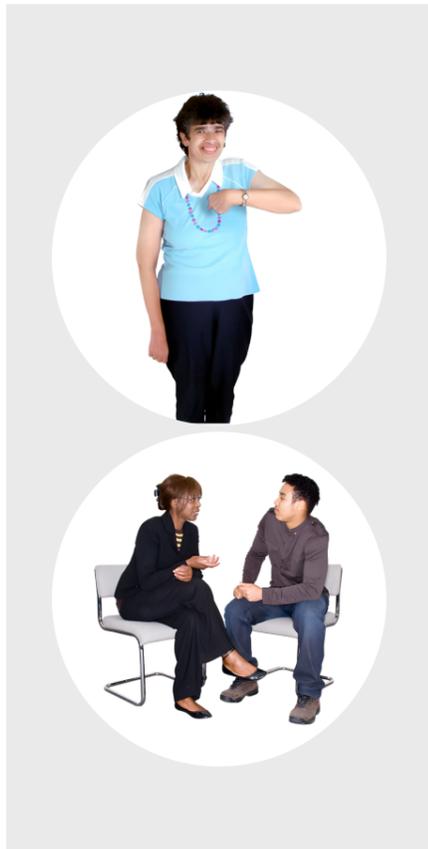
- Friend.



You can choose what information you share.



You do not have to answer every question.



You can show this workbook to your supporters to help them

- learn more about you
- learn about the kind of work you want to do.



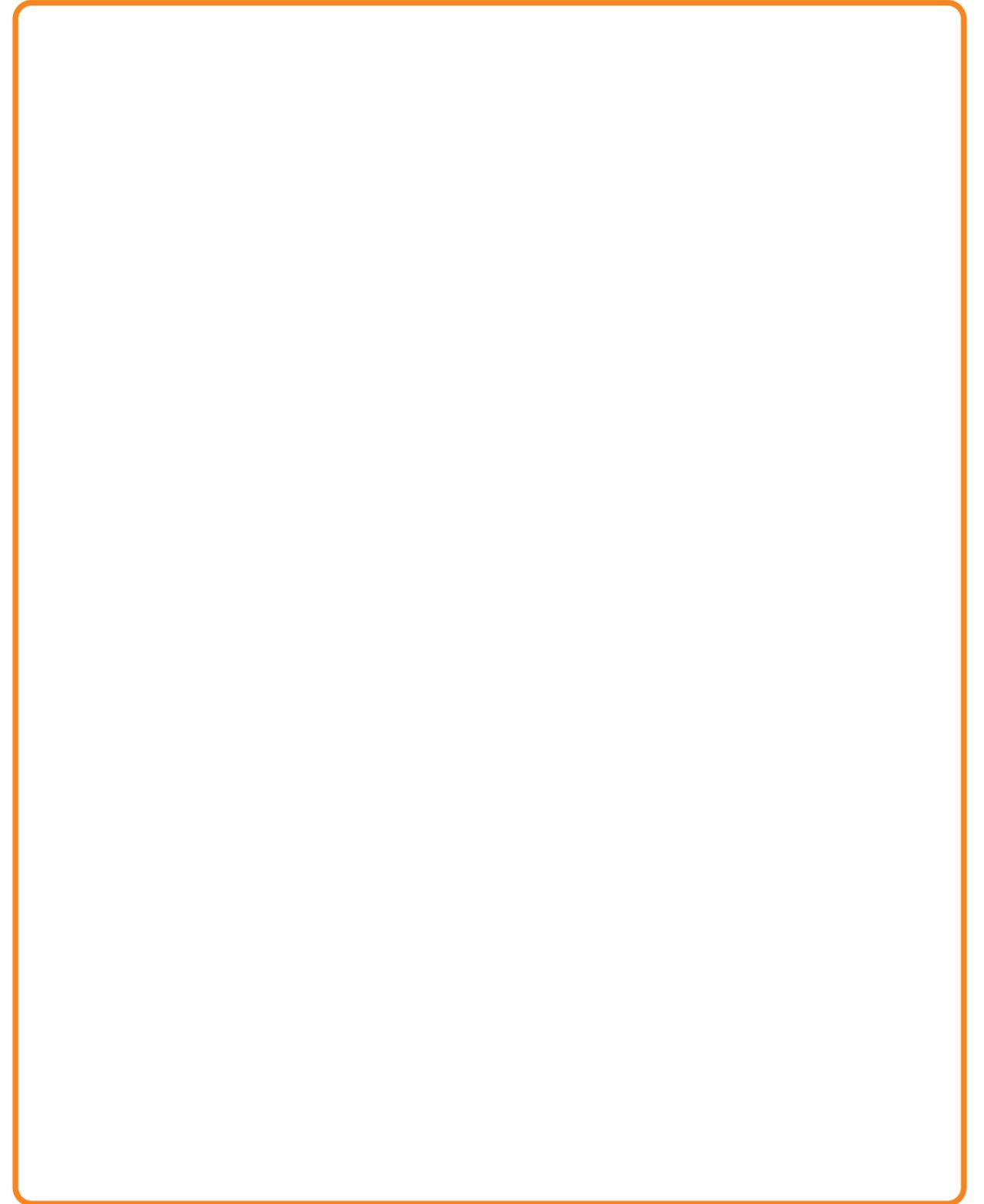
Why I want a job

You can write or draw your answers below.



What is important to me in a job?

You can write or draw your answers below.



My skills

What are the things I am good at?

You can write or draw your answers below.

My strengths

What do people like about me?

You can write or draw your answers below.

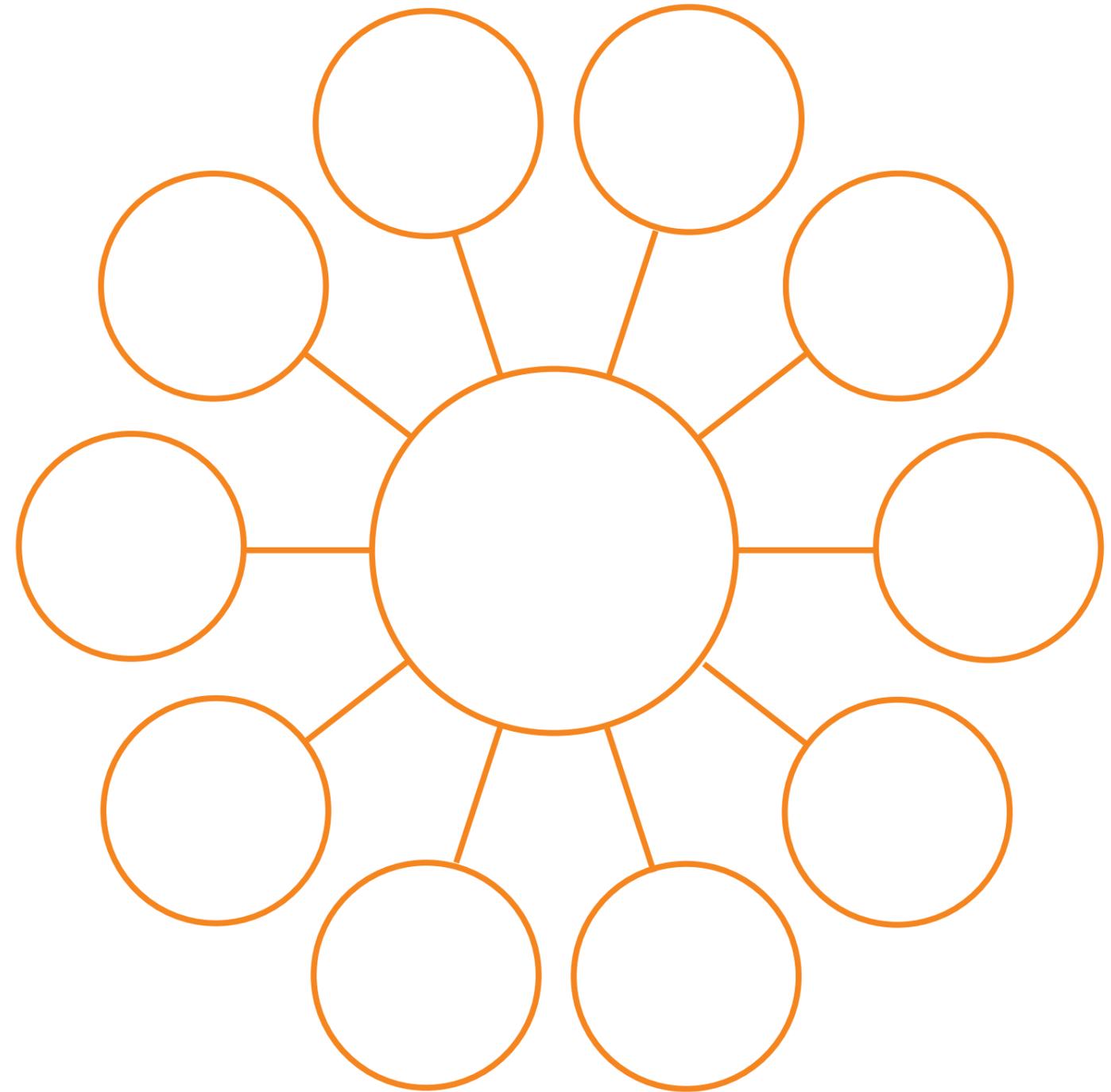
What I like

Example



What I like

You can write or draw your answers below.



What part I like the most

Example

I like doing this

The parts I like doing most

Cooking

- Knowing it from scratch
- Mixing things
- Following steps

Trivia

- Learning new fun facts
- Public speaking
- Hosting

Walking

- Delivering things
- Being active
- Seeing nature

What part I like the most

You can write or draw your answers below.

I like doing this

The parts I like doing most

Where can I work?

Example

A task I like

Walking

Type of place this happens

- Bush
- Beach
- City
- Warehouse
- Gym

Real places near me

- My neighbourhood
- Rainbow Bay Beach
- Booderee National Park

Where can I work?

You can write or draw your answers below.

A task I like

Empty rounded rectangular box for writing or drawing a task I like.

Type of place this happens

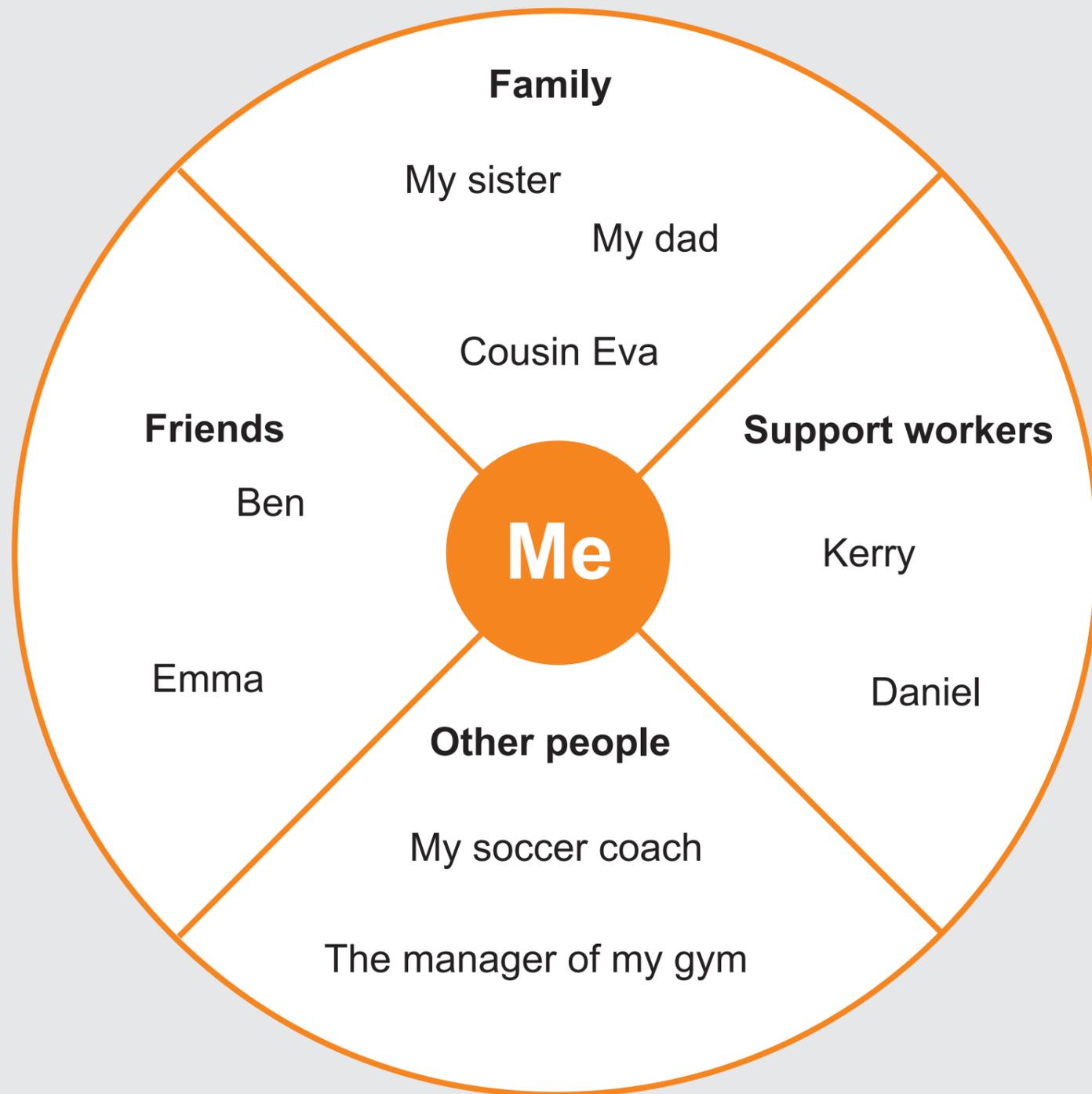
Empty rounded rectangular box for writing or drawing types of places.

Real places near me

Empty rounded rectangular box for writing or drawing real places near me.

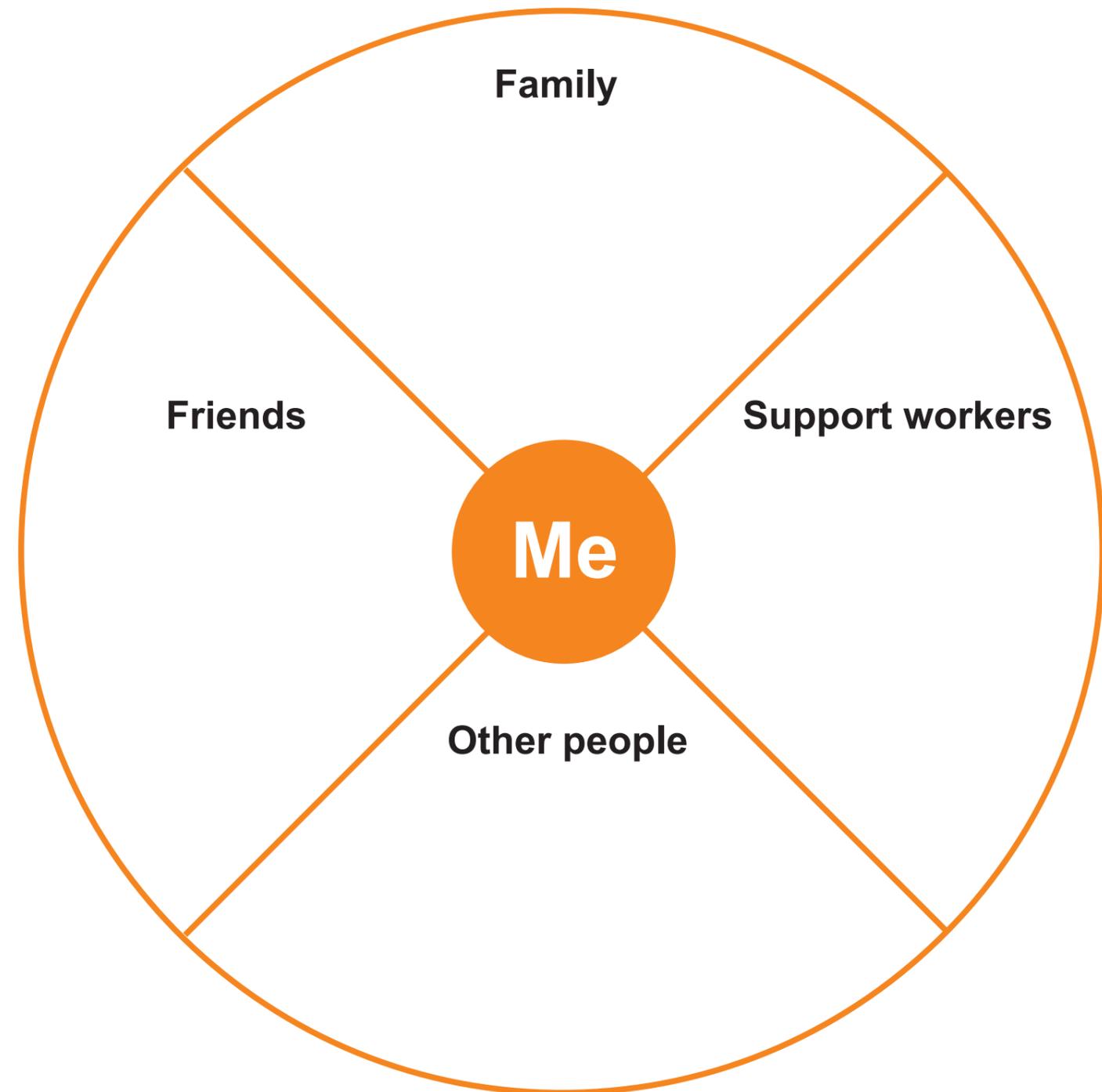
People who support me

Example



People who support me

You can write or draw your answers below.



My next steps

You can write or draw your answers below.

Next steps



Support I need



More
than just a
job



1800 424 065



info@cid.org.au



www.cid.org.au



facebook.com/NSWCID



twitter.com/CIDvoice



instagram.com/council_intellectualdisability

This workbook was created to be used in workshops for people with intellectual disability.

The workshops support people to think about work they might like to do and take steps to get a job.

Since 2018, Council for Intellectual Disability (CID) has run the More Than Just a Job workshops.

More than 500 people have joined these workshops to think about their goals, build confidence and get closer to finding a job that is right for them.

The More than Just a Job project received funding from the Australian Government Department of Health, Disability and Ageing.
