



Self Discovery Tool

Are you Job Ready?

Employment allows us to make a contribution to the community and to connect with other people. Without employment, it is hard to feel a part of things. But, it can be difficult to find and maintain employment, especially if you haven't been employed for a while. There are many things that you need to think about before you even begin looking for work.

Our Self-Discovery Tool will assist you in determining “Are you Job Ready”

What would being employed mean to you?

How might it benefit you?

Why is it important to you?

What would happen if you found employment?

What would happen for you at home if you found employment?

Think about

Your children _____

Morning routine to get to school and work _____

Picking up children in afternoons _____

Childcare and transport _____

Preparing meals and after school activities _____

Support networks if children are sick or you need to leave work _____

How do you see this happening?

What are your expectations?

What challenges does finding employment bring?

What do you see as the next steps?



What are the other issues that are important to you?

What is going well? What would you do differently? What would you do the same?

What questions do you need to ask others?

Some administrative things to check

- Do you have the right qualifications / licenses for your intended job?
- Do you have the right tools/equipment for the intended job?
- Do you have a bank account?
- Do you have a Tax File Number?

These types of questions can bring out ideas, brainstorming and thoughts that may have not be in the forefront of the mind when considering new things, and it is important to bring out all the issues in this type of setting so that the reality of employment is fully understood and that key issues and resources are flagged for follow-up.

Also when we are setting goals it is imperative that we write these things down so they stay within the forefront of our mind, we can revisit them and work on them every moment we get!