



## Dream Big

“I want my clients to dare to dream!

To seek out a job they actually want, versus falling back into the familiar. They struggle to dream big, to believe that they can actually go to college.”



### Employment Organizations can assist with:

- Identifying appropriate jobs
- Skills matching
- Resume writing



### SEEKING EMPLOYMENT

### IPV Support Organizations can assist with:

- Identifying goals
- Interview preparation and role play
- Emotional support



### Disability Advocacy Organizations can assist with:

- Accommodation rights
- Available support options
- Local employment options



## Strength in Resilience

“Some of the same qualities that make a person a survivor are qualities that an employer would want. The resiliency, the strengths women have demonstrated through their survival are things that make them the best employees.”

### Be Proactive

- Know your strengths and challenges
- Provide your employer with solutions to help you succeed



### KEEPING EMPLOYMENT

### Ask for Accommodation

- Know about your rights and responsibilities
- Identify areas of challenge
- Ask for specific accommodations



### Make a Disclosure Plan

- Who do you need to tell?
- What supports do you need?
- How can they help?



### Safety Planning

- Identify areas of risk
- Suggest ways your employer can help



For more information please visit the Abused & Brain Injured Toolkit at [abitoolkit.ca](http://abitoolkit.ca)