

Present

Dependable Strengths

September 12th & 15th

8:15am – 5:00pm

A seminar designed to assess strengths and talents

Participants explore "good experiences" for patterns of strengths; create a report that reflects strengths; use the report to make contacts and improve interviews; practice becoming a "Job Magnet;" learn to negotiate for a promotion or pay increase; and work with a support team.

Identifying your talents and strengths helps you build confidence and better utilize networking methods in the job search (even for those of us who are more shy and introverted!). Numerous studies, surveys and reports indicate that networking is the most successful job search strategy – more than 80% of job seekers find jobs this way. The Dependable Strengths process helps most anyone effectively use this networking approach and attract job offers. It is a different approach to a career that really "fits"!

What do past participants say about the Dependable Strengths Workshop?

- *"This workshop really helps you take a fresh look at what you can do by learning to see and focus on your dependable strengths."*
- *"I learned a new approach to career search and planning."*
- *"The program provides you with the tools to market yourself effectively."*
- *"It helped me define and clarify my strengths, increased my self-esteem, and established a network."*
- *"I explored my strengths and talents from a different point of view – stepped out of myself and evaluated my strengths in a very honest way to help me find my life work..."*
- *"It completely shifted my focus from 'how can I fit into that job' to 'how can I highlight my strengths and abilities which will lead to getting the right job for me'."*
- *"I was amazed at the feedback from my group members. They really keyed in on who I am."*
- *"I now have a concrete outline with goals on how to better conduct my job search."*

-The focus is on creating job offers to fit your strengths-

This seminar is a product of Bernard Haldane's theory of the Dependable Strengths Articulation Process rooted in over 50 years of research and practice. It was first used to assist veterans in gaining civilian employment after World War II, and has since been successfully used by job seekers, domestically and abroad. Furthermore, the DS process has been used with a variety of groups including university students, government personnel, church members, retirees and others. Facilitators are trained and certified by Dr. Haldane's non-profit Center for Dependable Strengths in the Seattle area. Details about the history and development of the DS process can be found through the Center for Dependable Strengths website at <http://www.dependablestrengths.org/>.

The UW Career Center has been offering this workshop to students, alumni and community members for more than ten years with two-thirds of participants who responded to our surveys indicating they successfully found jobs or enhanced current jobs by utilizing the Dependable Strengths approach.

Dependable Strengths Workshop Frequently Asked Questions

What is the Dependable Strengths Workshop?

The Dependable Strengths Workshop is an intensive, non-traditional job search seminar that helps you to identify patterns of strengths through examining "good experiences". You will learn how to talk about these strengths in job interviews and in making contacts.

What are the job search components?

You will learn how to articulate your strengths in job interviews, how to uncover potential job opportunities by making contacts and becoming a "Job Magnet", and how to negotiate for a promotion or pay increase.

Will I learn how to write a resume in this workshop?

Resume writing is not covered. Rather, you will learn how to create a report that reflects your strengths and is used in making contacts. It is somewhat non-traditional and is used in addition to a resume.

What is the format like?

Dependable Strengths is an interactive group process. The seminar leaders help to facilitate the process. Much of the work is done in small groups. These groups become an important source of support during the workshop.

Can I miss parts of the workshop?

No. We ask that you take this workshop at a time when you will be able to complete the whole process. It is a dynamic process that builds on each preceding exercise. Also, your group members need your input.

Is there anything that I need to do before the workshop?

About one week before the workshop, you will receive an email or letter which includes information on where the workshop will be held, where to park, etc. You will also receive a pre-work packet that you will complete and bring to the workshop. The pre-work exercises involve identifying and prioritizing your good experiences.

Do I really need to complete the pre-work packet before the workshop?

Yes, the pre-work is the foundation for the workshop. You will draw on it early in the workshop. It takes both time and reflection to complete.

Registration Information

The UW Career Center is able to offer the 2 day Dependable Strengths workshop at a significantly lower cost to the UW community. (Other organizations charge up \$500 or more for similar workshops.) General registration is \$150; \$120 for UW Alumni Association members and currently enrolled UW students. (For information on UWAA membership, please go to <http://www.washington.edu/alumni/index.html/>)

Alumni & Community Members Online Registration:

<http://careers.washington.edu/Forms/DependableStrengthsforAlumniandCommunityRegistrationStudent>

If you have any questions, please contact our office for more details at:

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