

**Job Coaching and Mentoring for People with Disabilities**

<b>Learning Activity 1</b>	
<b>Learning Activity 1</b>	Defining a professional goal
Link with Learning Outcome	Describe different ways to improve engagement of the person with disabilities
<p><i>We propose you an exercise on the definition of the professional goal, which can be useful to experiment on yourself and then propose it to people with disabilities that you will assist in the process of career counselling. First of all, think about the following elements by noting the most important considerations in each box. This first phase is useful for you to focus on your characteristics, your needs and your context.</i></p>	
<p><b>I AM...</b> <i>Expertise, skills, hobbies...</i></p>	<p><b>I NEED TO...</b> <i>What I look for in my job...</i></p>
<p><b>BONDS OR TIES</b> <i>(family ties, territorial ties...)</i> <b>How flexible are they to achieve my goal?</b></p>	<p><b>LABOUR MARKET</b> <b>Occupations, regulations...</b></p>
<p><b>Now fill out the following points thinking about a dream of yours.</b></p>	
<b>What is your dream?</b>	
<b>Complete this sentence instinctively at one go</b>	<p>If I (were, had, could....).....</p> <p>then .....</p>
<b>Think and ask yourself</b>	<p><b>Is the dream you have just described really unachievable?</b></p> <p>What would you need to make it real?</p> <ul style="list-style-type: none"> <li>• Money? How much?</li> <li>• Time? How much?</li> <li>• Do you want to make it real? How much?</li> </ul>

**Now try to understand what could be a feasible project that matches the characteristics of your dream.**

**Example:** my dream is to open a farmhouse in the countryside.

A partial realisation or a starting point for this dream could be: to look for a farmhouse that satisfies my desires and to propose myself to collaborate as promoter or manager of leisure activities (or whatever else fits your ambitions..).

The assignment is correct when the learner added text in the free space boxes.

**Result Message:**

Well done on completing the assignment.

To get closer to the world of work, develop skills and increase their employability, people can choose to undertake training courses, voluntary work or internships. These tools need to be valorised: they sometimes may be experienced as a waste of time because people need a real job. Instead, they are great opportunities to practice hard and soft skills and increase our personal network.