



# » iElevate Your Career – Curriculum Overview

**Course Mission:** To help neurodiverse youth and young adults develop the personal and people skills needed to land a job, grow a career, and lead a successful, fulfilling life.

## Core Goals:

- Define life and career goals
- Build autonomy and self-advocacy
- Identify career paths and job-seeking strategies



## Unit 1

### Understanding Ourselves

**Focus:** Personal awareness, mindset, and self-discovery

#### Modules:

- 1.Objectives & SMART Goal Setting
- 2.Mindset & Growth Strategies
- 3.Combating Negativity & Wellness Tools
- 4.Values & Purpose Alignment
- 5.Personality & Learning Styles

## Unit 2

### Presenting Ourselves to the World

**Focus:** Career-readiness, branding, and job-seeking tools

#### Modules:

6. Communication Skills & Email Etiquette
7. Career Path Navigation
8. Identifying Strengths, Skills & Passion Projects
9. Crafting Your Brand (Resume, LinkedIn, Portfolio)
10. Mastering the Interview (STAR Method + Mock Practice)
11. Networking Skills & Building Relationships



## Unit 2

### Supporting Ourselves

**Focus:** Workplace success, independence, and emotional well-being

**Modules:**

- 12. Understanding the Employer's Mind (Perspective Taking)
- 13. Developing Emotional Intelligence
- 14. Succeeding on the Job (3 C's: Competence, Commitment, Compatibility)
- 15. Communication in the Workplace
- 16. Networking as an Introvert
- 17. Self-Care & Work-Life Balance

### Course Tools Include

- Guided videos and reflections
- Hands-on activities and templates
- Coaching sessions and peer discussions
- Surveys to measure growth and engagement

