



The Arc Minnesota

Coaching Series:
Finding Work



Finding work can be really hard, especially a job that meets your needs, you enjoy doing, and pays you well.

Use this worksheet to help you brainstorm different ways of finding work.

What are some ways to find a job?

If you've had jobs in the past, how did you get them?

If you don't have the experience you need for the job you want, what are some ways to gain that experience?