

## What I learned at Strive Professionally / and Personal

Well there are so many things that Strive has taught me on both a professional level and a personal one as well, I guess I'll speak about the professional things I've learned at Strive. I learned how to fill out an application properly, by filling in all the spaces leaving nothing blank, I also learned how to properly sell myself in an interview. Many things that I thought I knew about actively getting employment I learned were somewhat off balanced and needed to be re aligned. I'm aware now that an application plays the most important part in getting a job, I use to always rush through my applications with little care. But now I know that I have to take my time and pay attention to details when filling out an application. Now on a personal note I learned how to be proud of my achievements while incarcerated for me this has always been a problem, I allowed my shamefulness block my actual skills and potential.

I now realize that I'm much more than an ex offender and that I never want to use prison as a crutch. Strive has helped me feel better and more comfortable about my past, and has opened my heart and mind to a better future. and I am truly thankful for all that they have done for me. ~~best~~ but not least I learned that Strive work shop not only helps you in employment areas but it also helps you with some of life's decision making. ... Thank You