



## Promoting Your Strengths, Post- Prison

There are four main tasks that post-prison people/those with convictions must complete when applying for jobs:

### 1. OWN YOUR PAST!

- Be up front about the decisions you made in your past
- Admit your wrongdoings
- Explain fully the situation and ***what you have learned*** from it
- Express that you have/are paying the consequences for these decisions, and hope to have a positive role in the community

### 2. SHOW WHAT YOU ARE DOING NOW!

- Talk about what you are doing to implement positive change in your life (i.e. attending AA meetings, volunteering, mentoring, or being an active member in your community or church)
- Explain how your experience has made a positive impact in your life
- Talk about your goals, and what you are doing now to reach those goals
- Express your commitment to working as a productive member of society

### 3. BE GENUINE!

- Be yourself! Pretending to be ready to change/embellishing on your accomplishments is not going to put you ahead
- Employers respect honesty and sincerity

### 4. PRACTICE!

- Be confident in your responses. This might feel uncomfortable, but it is necessary if you want to show your potential employer that you will be a trustworthy employee