Career Well-Being Incentive Program
Sample Track 4: Customized Goals Plan

**Staff Goal Example:** Client can identify up to 4 goals or interests and a plan will be created based on need. Sample goals: 1. Interested in earning a degree at CWRU 2. Interested in learning more about a particular field/career path 3. Strengthen public speaking skills.

**Activity 1:** Consultation meeting with staff member and Career Development Manager 60 minutes

**Activity 2:** Client exercise: spend time researching the degrees available at CWRU. Once you narrow down your interest, set up a meeting with the admissions department in each area to learn more. Setup and complete a meeting with tuition benefits if needed.

**Activity 3:** 1:1 meeting with Career Development Manager to discuss degree research, admission meetings, and other relevant findings to degree pursuit. Prepare for activity 4. 60 minutes

**Activity 4:** Informational interviews to learn about fields of interest. Complete related exercises and set up and complete at least 2 informational interviews per field of interest.

**Activity 5:** 1:1 meeting with Career Development Manager to discuss informational interview activity and meetings. Discuss interest and fit in the field of interest. 60 minutes

**Activity 6:** training video 1: public speaking and related exercise files

**Activity 7:** training video 2: public speaking and related exercise files

**Activity 8:** 1:1 meeting with Career Development Manager to discuss training videos 1 and 2 and preparation for activity 9. 60 minutes

**Activity 9:** client exercise: develop a presentation and invite a group of people to listen and evaluate.

**Activity 10:** 1:1 meeting with Career Development Manager to discuss presentation, evaluation notes, and any next steps for development. 60 minutes

**Other Considerations**
Customized plans will vary slightly from the above. There may be more or less activities, resources, or 1:1 meetings based on the needs and learning style of the individual. All plans will, however, meet Wellness Program Incentive requirements. Staff members will need to attend at least 85% of sessions over a minimum of 7-8 weeks in order to be eligible for the incentive. Please note, a path like this is not appropriate for someone ready to apply to an open position immediately as incentive plans take place over a minimum of 7-8 weeks.

Questions related to the above plan should be sent to the Career Development Manager, Andrea Hess, at axh479@case.edu.