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.

**Career Well-being Incentive Category:** Coaching and professional development training sessions combination

**Activity 1:** Consultation meeting with staff member and Career Development Manager  
**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.  
**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.  
**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.  
**Activity 9:** client exercise: develop a presentation. Invite a group of people to listen/evaluate.  
**Activity 10:** 1:1 meeting with Career Development Manager to discuss presentation, evaluation notes, and any next steps for development.

**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 need to complete at least 7, one-hour long assignments or a total of 7 hours of combined programming to meet incentive program requirements. For this reason, plans created by the Professional Development Center (PDC) will consist of 8 activities/engagement or more.

This plan is a DRAFT and is not to be used to pursue the Wellness Incentive without a meeting with the Career Development Manager. Request a meeting to discuss this plan [here](#).

Questions related to the above plan should be sent to the Career Development Manager, Andrea Hess, at [axh479@case.edu](mailto:axh479@case.edu).