

## Yuba County YubaWORKs

# Success Forum

Available to Welfare to Work participants who are enrolled in the Yuba County Work Experience activity.



This is a guided group discussion session designed to allow participants in the Yuba County Work Experience program to share their learning experiences as they participate in the Work Experience program. The focus of this forum is to develop the tools and techniques to become the employee that employers are seeking.

### Topics of discussion:

What employers expect from their employees

How to plan ahead for quick and healthy meals

How to identify and relieve stress

Managing your time wisely

How to be prepared for the unexpected

How to talk to your boss and co-workers



Yuba County Health and Human Services  
Employment Services Division  
YubaWORKs

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