



TRANSITION TO SUCCESS™

Coach Workbook and Guide

©2021 Transition To Success, LLC

Your Journey Begins Here...

v.09.03.3

Coach Workbook and Guide

Table of Contents

Chapter 1: Welcome and Introductions	5
Welcome To Transition To Success	5
Class Exercise 1.1 – Guidelines for Respectful Discussion	8
Class Exercise 1.2 – Welcome and Introductions: Group Activity.....	10
Class Exercise 1.3 – Building On Our Diversity	15
Group Exercise 1.4 – What’s It Like To...	16
Chapter 2: We Are The Champions	20
Class Exercise 2.1 – Poverty Myths.....	21
Group Exercise 2.3 – Accountability	23
MyPlan Exercise 2.4 – Champions – Advocates in Action	25
Chapter 3: Vision, Mission and Goals	29
Group Exercise 3.1 – Continuous Quality Improvement: Where and Why?.....	32
Group Exercise 3.2 – The Concepts of CQI and Standards of Care.	32
Group Exercise 3.3 – Responding To Stigma – Role Play.....	36
MyPlan Exercise 3.4 – TTS Vision, Mission & Goals	37
Chapter 4: Raise Your Hand	40
Group Exercise 4.1: Social Determinants	41
Group Exercise 4.2: In the Real World	47
Group Exercise 4.3: The Skittles Game	47
Chapter 5: Knowledge is Power	53
Class Exercise 5.1: What About Mary	54
Class Exercise 5.2: Promoting Person-Centeredness in Practice	55
Group Exercise 5.3: From Deficit to Strength.....	56
Group Exercise 5.4: My Approach To Cultural Competency.....	58
Group Exercise 5.5: Cultural Inquiry Role Play	59
MyPlan Exercise 5.6: Changing the Understanding of Poverty.....	60

Chapter 6: Trauma Informed Care (TIC).....63
 Class Exercise 6.1 – Trauma Mapping..... 67
 Group Exercise 6.2 – Thrive Trauma Informed Training..... 68
 Group Exercise 6.3 – Trauma Informed Care – Role Play and Report Out..... 74
 MyPlan Exercise 6.4 – Trauma Informed Care 75

Chapter 7: Motivational Interviewing and Engaging the Customer.....77
 Group Exercise 7.1 – Inspiring Hope and Resilience 80
 Group Exercise 7.2 – MI Role Play 84
 MyPlan Exercise 7.3 – Motivational Interviewing 86

Chapter 8: Hope Meets Opportunity: Map of My Dreams – Phases I - V89
 Group Exercise 8.1 – Integrating TTS Into Practice 89
 Group Exercise 8.2 – Engagement and Focus – Role Play 91
 Group Exercise 8.3 – Map of My Dreams Workbook (MMDW) – Role Play..... 98
 Group Exercise 8.4 – Mapping My Dream 99
 Class Exercise 8.5 – CARE: Coordinating All Resources Effectively 100
 MyPlan Exercise 8.6 – Mapping Dreams 101

Chapter 9: Empowering Clients: Volunteerism and Peer Mentoring104
 Class Exercise 9.1 – Emotional and Social Benefits of Volunteering 104
 Class Exercise 9.2 – The Volunteer Experience..... 107
 Class Exercise 9.3 – Finding Volunteer Opportunities In My Community 108
 Group Exercise 9.4 – “What Would You Do?” 109
 MyPlan Exercise 9.5 – Integration of Volunteerism and Peer Mentoring 113

Chapter 10: Responding to Challenges – In Practice, Organizations and Community.....117
 Class Exercise 10.1 – When a Client Says No. 118
 Class Exercise 10.2 – When a Client Says No – Class Discussion..... 119
 Group Exercise 10.3 – When a Client Says No – Role Play 119
 Class Exercise 10.4 – Champion Challenges and Strategies..... 123
 Class Exercise 10.5 – Speaking to Others About TTS: My Elevator Speech..... 127
 MyPlan Exercise 10.6 – Responding To Challenges 128

Chapter 11: Building Your Organizations CARE Network (Coordinating All Resources Effectively)131
 Group Exercise 11.1 – Organizational Challenges..... 133

Group Exercise 11.2 – Implementation Strategies 134

Class Exercise 11.3 – Brainstorming 138

MyPlan Exercise 11.4 – Building My TTS CARE Network 139

Chapter 12: Funding For TTS Integration, Technology, Research and Evaluation..... 143

Group Exercise 12.1 – Find The Money 144

MyPlan Exercise 12.2 – TTS Integration into Fund Development..... 146

Chapter 13: Transition To Success Data and Outcomes Integration..... 149

MyPlan Exercise 13.1 – TTS Information and Data Integration..... 152

Chapter 14: MyPlan 155

MYPLAN Exercise 14.1 – MyPlan for MyPlan CW..... 157

Class Exercise 14.2 – TTS Learning Objectives Review..... 157

Class Exercise 14.3 – Thoughts and Feelings 160

APPENDIX:

Glossary of Terms 162

Transition To Success® (TTS) Coach Agreement 165

Participant Evaluation Form 169

Life Area Survey: Additional Inquiry..... 175

Transition To Success® Certifications and Accreditations Standards 181

Map of My Dreams 183