

Social Coaching

(Personal Adjustment Training)

The ability to exchange meaningful messages through your body language, gestures, spoken word or written language is at the heart of communication and relationships with others.

Understanding your personal style and expectations of others, and then developing communication strategies that create meaningful exchanges can increase your ability to make positive and lasting impressions.

Social coaching enhances your ability to navigate social situations and allows you to improve your ability to secure and retain employment, create meaningful connections, and contribute to your community.

Social Coaching Supports Interpersonal Communication

- ❖ Enhances social skills and develops critical social thinking skills
- ❖ Provides individualized social coaching that builds on natural environmental cues
- ❖ Develops workplace communication skills that enhance employability and work satisfaction.
 - **Basic Communication Skills**
 - **Reciprocal Expectations**
 - **Self-Awareness**
 - **Body Language**
 - **Eye Contact**
 - **Empathy and Rapport Skills**
 - **Interpersonal Skills**
 - **Problem-Solving Skills**
 - **Personal Accountability**



Social Coaches are trained direct support professionals (DSP) and/or employment specialists that support individuals with barriers to successful employment and/or higher education. Social Coaches are not licensed mental health professionals and they collaborate with the clinical mental health team members to develop lessons and skill demonstrations.

1:1 Sessions are offered in community-based settings and virtually via ZOOM (*some exclusions may apply such as short-term home or clinic visits)*

Ineligible: Recipients of Fraser's County Case Management Services; and Employees of Fraser



Contact:
Career Planning & Employment
612-434-5120 | careerplanning@fraser.org

Fraser • 1801 American Blvd. E. Suite 6, Bloomington, Minnesota 55425 • fraser.org

Updated: 11/2021
Bright Futures.