



# Tune in to Strive Out Program: A career and wellness program for underrepresented students

Learn how to implement the *Tune In to Strive Out Program*, a career wellness program for underrepresented students with *Tuned In Labs* from CCWT at University of Wisconsin-Madison.

**DETAILS:** Free virtual workshop from 11-12:30pm (CST) on October 16th, 2023

To register, visit <https://ccwt.wisc.edu/register/>

The Covid-19 pandemic has revealed that the contemporary workplace requires psychological tools to support the well-being of all employees, particularly historically marginalized individuals. *Tuned In Labs* seeks to broaden the discussion of career readiness to include psycho-social skill development by training students in career development, entering and navigating the world of work, and engaging in wellness management. Our team of students and faculty co-designed a career wellness program for college students grounded in the Radical Healing framework and career development theories.

The *Tune in to Strive Out Program* is a 5-module Program that guides students through practices to preserve a stronger sense of wellness and self-determination while learning skills to navigate their career and school lives. Each module is delivered in 60 minutes, with one module per week over a five-week period. Topics are based on the five anchors of radical healing:

- **Module 1:** Identity our values & believe we belong
- **Module 2:** Visualize our success & determine career actions
- **Module 3:** Resist & persist in the face of barriers
- **Module 4:** Acknowledge the past, be in the present, & cultivate hope for a brighter future
- **Module 5:** Build support for personal & collective action

We have spent two years facilitating and refining the program and are thrilled to train collaborators to offer the program to your students. In this introductory workshop, we will introduce the radical healing framework, overview our program, and provide insights and strategies for program implementation.

## WHO IS THE TRAINING FOR?

This training is designed for postsecondary educators, advisors, and administrators in academic and career services, health services, student organizations, student support services, and diversity, equity, and inclusion initiatives. The workshop is led by members of the Tuned in Labs team housed within CCWT. Our team consists of faculty and students in counseling and vocational psychology who have published widely on career development and mental health among individuals from diverse and underrepresented groups.

## HOW IS IT STRUCTURED?

The training will be a 90-minute interactive workshop designed to introduce you to the program and provide guidance for program facilitation. Opportunities for future consultation on program implementation may be available as needed.

## WHAT ARE THE GOALS OF THE TRAINING?

At the conclusion of the training, you will:

- Understand the rationale for the program and its foundation in the Radical Healing framework
- Learn the primary goal and anticipated outcomes of each program module
- Discover ways to consider implementing the Tune In To Strive Out Program with your students

## QUESTIONS?

Contact Dr. Pa Her at [pa.her@wisc.edu](mailto:pa.her@wisc.edu) or Dr. Mindi Thompson at [mntompson@wisc.edu](mailto:mnthompson@wisc.edu) or visit [ccwt.wisc.edu](https://ccwt.wisc.edu)

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