



CradletoCareer

Anchored at United Way of Tucson and Southern Arizona



Essential Skills Workshop

The Essential Skills Workshops offer holistic, youth-centered professional development opportunities for Opportunity Youth to gain essential soft skills and exposure to high-demand career pathways in Pima County.

Participant Testimonial

“Overall, I learned a lot about myself. It was very inspirational, especially hearing about other people’s experiences in hospitality.”

Participant - Goodwill REC

Pillar #1 Mental Health & Wellness at Work

- Self-regulation
- Coping skills
- Mindfulness
- Advocating for mental health accommodations at work.

Pillar #2 Professionalism

- Professional Behavior
- Professional Attire
- Mock Interviews
- Financial Literacy / Coaching
- Resume writing

Pillar #3 Leadership

- Finding a career that’s right for you.
- What’s your leadership style?
- Exploring different pathways within a field of choice.
- Making a plan!



**EACH OPPORTUNITY YOUTH
WILL EARN UP TO \$150**

United Way of Tucson
and Southern Arizona

