



## Using Your Lived Experiences as Assets Toward Employment

When we think of skills and assets we have that can contribute toward our employment goals, we often discount those garnered from life experiences. This is especially true of experiences sometimes associated with having mental health issues. This tip sheet offers ideas to flip what we may have deemed neutral or negative to positive skills and assets. These are things that can be added to a cover letter, resume, and/or brought out in an interview.

<b>NAVIGATING THE MENTAL HEALTH SYSTEM</b>	<ul style="list-style-type: none"> <li>✓ Resilient</li> <li>✓ Patient</li> <li>✓ Comfortable with meeting new people</li> <li>✓ Excellent problem-solver</li> <li>✓ Solution-focused</li> <li>✓ Excellent negotiation skills</li> </ul>
<b>LIVING IN POVERTY</b>	<ul style="list-style-type: none"> <li>✓ Resilient</li> <li>✓ Resourceful</li> <li>✓ Excellent negotiation skills</li> <li>✓ Excellent problem-solver</li> <li>✓ Can handle stressful situations</li> </ul>
<b>LIVING IN INSTITUTIONAL SETTINGS (GROUP HOME, STATE HOSPITAL, JAIL, PRISON)</b>	<ul style="list-style-type: none"> <li>✓ Resilient</li> <li>✓ Excellent negotiation skills</li> <li>✓ Excellent mediation skills</li> <li>✓ Can work with all personality types</li> <li>✓ Resourceful</li> </ul>
<b>SURVIVING TRAUMA</b>	<ul style="list-style-type: none"> <li>✓ Resilient</li> <li>✓ Ability to compartmentalize</li> <li>✓ Excellent problem-solver</li> <li>✓ Can handle stressful situations</li> </ul>
<b>SURVIVING CRISIS</b>	<ul style="list-style-type: none"> <li>✓ Resilient</li> <li>✓ Resourceful</li> <li>✓ Excellent negotiation skills</li> <li>✓ Can handle stressful situations</li> <li>✓ Excellent negotiation skills</li> </ul>
<b>OVERCOMING ADDICTION</b>	<ul style="list-style-type: none"> <li>✓ Resilient</li> <li>✓ Excellent negotiation skills</li> <li>✓ Highly motivated</li> <li>✓ Can handle stressful situations</li> <li>✓ Focused</li> </ul>