

STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM



STAY HEALTHY AT HOME WEBINAR

SERIES

# Model Employee: Perfect Your Personal & Professional Look



OCTOBER 20, 2020 FROM 2 - 3 PM

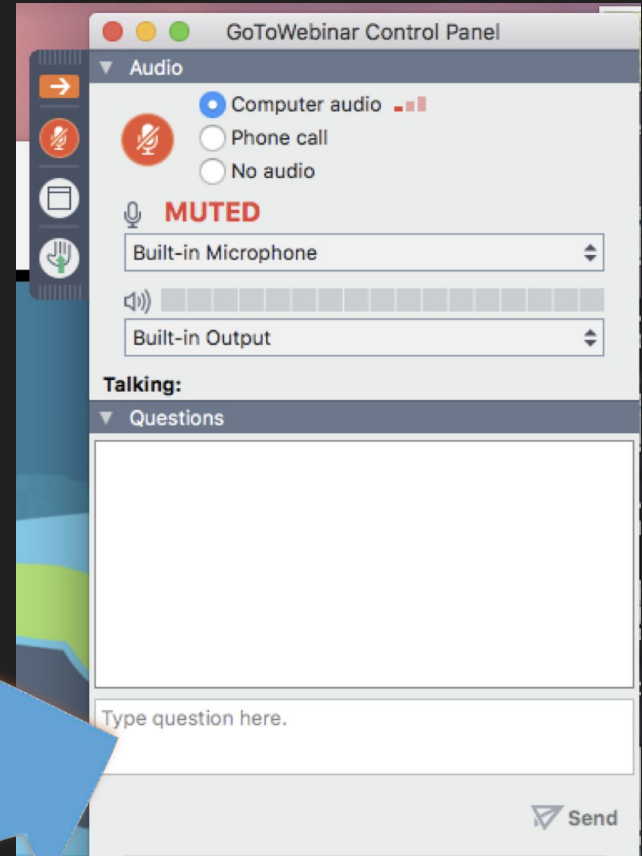
# INTRODUCTIONS

Jessica Lax, MSW, LSW, Adult Transition Facilitator with CEA and Self-Advocate

Ashley Ritchey, MSW, LSW and Director of the New Jersey Self-Advocacy Project (NJSAP), a Division-funded program of The Arc of NJ since 1983

- We support the state's largest network of individual self-advocates and self-advocacy groups.
- NJSAP provides comprehensive training and resources to self-advocates, Direct Support Professionals, and agency personnel statewide.

Type your  
questions,  
comments,  
feedback in the  
**questions box**



STAY HEALTHY AT HOME SERIES: EVERY TUESDAY AT 2  
PM



Register [here](#).

# TODAY'S TOPICS:

- **October is National Disability Employment Awareness Month**
- A discussion on visible and/or invisible disabilities on the job
- Stay Fresh Guide: How presentation & appearance impact employment
- How SE Professionals can help clients prepare for interviews and hone employment “soft skills”
- Examples of real life situations you might encounter



# #NDEAM

## National Disability Employment Awareness Month



@NJSAP on Twitter

# 31 Days of NDEAM — What you CAN do!

## INCREMENTANDO ACCESO Y OPORTUNIDAD

Celebrando 30 años de la Ley  
sobre Estadounidenses con  
Discapacidades

**30<sup>th</sup> ADA** **75<sup>th</sup> NDEAM**

Mes Nacional de Concientización Sobre  
la Discapacidad en el Empleo

#ADA30 | #NDEAMTS | [dol.gov/odep](https://dol.gov/odep)



## INCREASING ACCESS AND OPPORTUNITY

Celebrating 30 years of the  
Americans with Disabilities Act

**30<sup>th</sup> ADA** **75<sup>th</sup> NDEAM**

National Disability Employment Awareness Month  
#ADA30 | #NDEAMTS | [dol.gov/odep](https://dol.gov/odep)



Source: <https://www.dol.gov/agencies/odep/initiatives/ndeam/2020/poster>





# Get Comfortable Talking About Disability!



# Four Benefits of Having a Job

## Financial Benefits



## Social Benefits



## Health Benefits



## Personal Growth Benefits



## Persons with Disability

Time Period	Aug. 20	Aug. 20	2019	2019
Age Range	16-64	16+	16-64	16+
Labor Force Participation Rate	33.6%	20.6%	33.6%	20.8%
Employment-Population Ratio	28.8%	17.9%	30.9%	19.3%
Unemployment Rate	14.3%	13.2%	8.0%	7.3%

## Persons without Disability

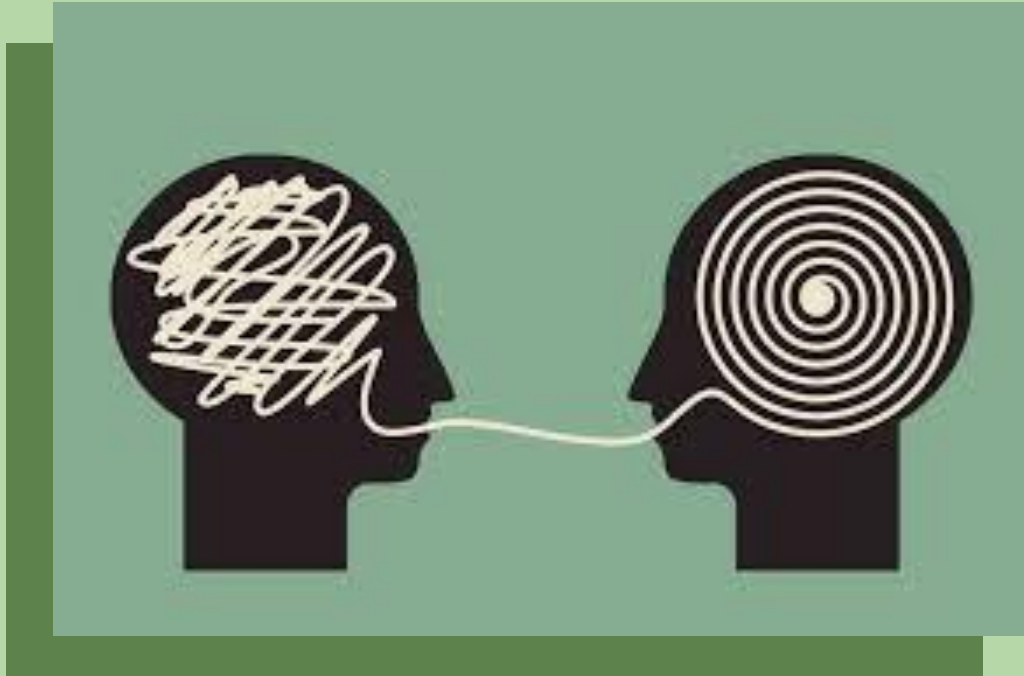
Time Period	Aug. 20	Aug. 20	2019	2019
Age Range	16-64	16+	16-64	16+
Labor Force Participation Rate	76.1%	67.0%	77.3%	68.7%
Employment-Population Ratio	69.7%	61.4%	74.6%	66.3%
Unemployment Rate	8.3%	8.4%	3.6%	3.5%

Source: Current Population Survey, Bureau of Labor Statistics

# Perceptions and Employment Success



How can Supported Employment Professionals and Self-Advocates effectively address negative perceptions?



**INVISIBLE  
DISABILITY  
PROJECT™**

<https://www.invisibledisabilityproject.org>

# First Impressions

Before, during & after the interview: Communicate with respect

Clean up your online persona and social media accounts

**Interview day:** Arrive early and bring *extra* copies of your resume and/or portfolio

Clean and neat appearance: empty pockets-no bulges or tinkling coins/keys, etc.

Maintain eye contact and shake hands firmly\*

No gum, candy or cigarettes

Wear minimum jewelry and fragrance

Demonstrate a positive attitude and mind your manners

Do not interrupt or argue

NEW JERSEY SELF-ADVOCACY PROJECT

## Video Chat Etiquette

Your appearance & behavior reflect your professionalism

1

### PREPARE AHEAD OF TIME

Make sure the program is downloaded beforehand. Sign in to make sure there are no issues. Practice using it.

2

### BE ON TIME

Sign into the meeting a few minutes early so you are ready to start when the meeting begins.

3

### CHECK YOUR SETTINGS

Make sure your sound is on and make sure your camera is on. Position your camera so you can see your whole face.



MORE TIPS:



### Look Professional

You will be on camera. Wear clean clothes, do your hair, & tidy up your surrounding area.

4

### INTRODUCE YOURSELF

Let people know who you are and where you are from. You can also do this in the chat box if you are muted.

5

### BE CONSIDERATE

Always try to be in a quiet place. If you are in a noisy location, mute yourself so that everyone can hear the speaker.

6

### BE RESPECTFUL

Always be respectful when you are speaking to other people. Do not interrupt anyone and focus on what is going on in the meeting.



### Be Informed

Print out the agenda, any talking points you need, & any notes you have. Keep them with you during the meeting.

Watch our Video Chat Webinar here:

Let's Stick Together: Navigating the Web of Online Communications for Staff & Self-Advocates

<https://youtu.be/vU00ADA--oA>

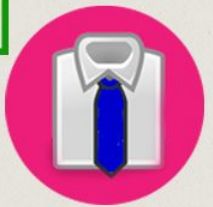
This flyer was designed and distributed by the [New Jersey Self-Advocacy Project](#), a program of The Arc of New Jersey since 1983

Contact us: [NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org) or call 732-749-8514





1. Wash Your Face & Body
2. Brush Your Teeth
3. Don't Overdo Fragrance
4. Keep Your Hair & Facial Hair Neat
5. Wear Appropriate Clothes
6. Clothing & Shoes Are Clean



**STAY FRESH**



“Do I have  
something on  
my face?”



Professionalism is more than physical appearance.



**FREE  
TRAININGS  
FOR ADULTS  
WITH  
DISABILITIES**



**\*NEW\*** Request a training on the NJSAP homepage:

**<https://www.arcnj.org/programs/njsap/trainings.html>**

Healthy  
Lifestyles  
Project  
**LIVE** 

Live Healthy,  
Together



    
Foundation for New Jersey

Register [here](#).

# DAILY VIRTUAL ACTIVITIES

**Meditation Monday:** Enjoy a guided meditation to start your week off right! Available on NJSAP's Instagram and Facebook.

**Training Tuesdays from 2 - 3 PM:** Stay Healthy at Home webinar series. **Click here** for a full list of webinar dates, to register for an upcoming session, and to review archived webinars.

## Wednesdays

- Adaptive yoga & fitness videos are posted every Wednesday on NJSAP's Instagram and Facebook
- *Healthy Lifestyles Project LIVE!* Wednesdays at 11 AM

**Brain Games on Thursdays at 1 PM:** Join the NJSAP team for a free, fun, and brain teasing activity every Thursday at 1 PM. The game changes each week so check the NJSAP Facebook page for this week's game and how to join in.

**Healthy Snacking Friday:** You can view recent healthy snacking tutorial videos on Instagram, Facebook, and Twitter.

Questions?

Comments?



# RESOURCES FROM WEBINAR RECORDED ON OCTOBER 20, 2020

The Arc of New Jersey: <https://www.arcnj.org/>

New Jersey Self-Advocacy Project: <http://njselfadvocacyproject.org>

Join the NJSAP email list:

<https://visitor.r20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdqMeT2hyB3H | 8-6Pyz LIEdaG9FrebFmRUe0vIVTdajyOqbl3eJPfej5 IYANtZZVdceO7DjpChIHrmdLyH8%3D>

NJSAP Facebook: <https://www.facebook.com/NewJerseySAP>

NJSAP Twitter: <https://twitter.com/njsap>

NJSAP Instagram: <https://www.instagram.com/newjerseysap/>

NJSAP LinkTree: <https://linktr.ee/njsap>

NJSAP videos: [www.arcnj.org/programs/njsap/videos.html](http://www.arcnj.org/programs/njsap/videos.html)

New Jersey Statewide Self-Advocacy Network: <https://www.arcnj.org/programs/njsap/nissan-advisory-board.html>

CEA: <https://cea-nj.org>

National Conference of State Legislatures: <https://www.ncsl.org/research/labor-and-employment/disability-101-employment-policies-and-etiquette.aspx>

Invisible Disability Project: <https://www.invisibledisabilityproject.org>

US Department of Labor: <https://www.dol.gov/agencies/odep/initiatives/ndeam/ideas>

NDEAM homepage: <https://www.dol.gov/agencies/odep/initiatives/ndeam/2020/poster>

<https://www.arcnj.org/programs/njsap/webinars.html>