



January, 2018

## Leap to Confidence Empowerment Workshop Referral Checklist of Readiness

**Case Manager: Client must answer yes or NA (not applicable) to each question to be eligible for you to refer her to Leap to Confidence.**

Yes	No	
		Are you currently, or in the next 3-6 months, seeking education or employment?
		If you have children, are you able to make arrangements for childcare?
		Do you have transportation or are you able to use public transportation?
		Are you willing and able to make a 7-week commitment to attend a weekly 2-hour class?
		Do you want to build self-confidence?
		Are you working on making positive changes in your life?
		Do you have a stable living situation over the next few months?
		Are you overcoming one or more of the following:
		<ul style="list-style-type: none"> <li>a. Lack of permanent housing</li> <li>b. Domestic violence</li> <li>c. Poverty</li> <li>d. Job loss</li> <li>e. Substance abuse</li> <li>f. Mental health challenges</li> </ul>
		<b>If you are in a recovery program:</b> - Have you been in sobriety 3+months?

**If you've answered yes to each of the items you are eligible for your case manager, counselor or other social service provider to refer you to attend Leap to Confidence at no cost.**