



Center for
Children
& Youth

YouthFirst

Youth Professional Boot Camp

The Youth Professional Boot Camp provides teens with a unique opportunity for professional growth, remotely. Mentors will contribute to each young person’s growth and develop a relationship with teens through regular one-on-one meetings. Each day of the week, teens will focus on a different aspect of professional growth and learn about and explore new skills and concepts:

Crushing it at the Office—learn and practice workplace skills

What Really Matters—explore personal and professional values

Me Myself I—appreciate the importance of work/life balance

Learning from the Pros—mentor day

What Color is Your Parachute—combining passions and skills to explore careers

	MONDAY: Crushing it at the Office	TUESDAY: What Really Matters	WEDNESDAY: Me Myself I	THURSDAY: Learning from the Pros	FRIDAY: What Color is Your Parachute?
Week 1	Welcome & Informational Interview	Advocacy Part 1	Finding Balance	Mentor Day 1	Career Day—Arts
Week 2	Resume Building	Putting Values into Action	Personal Identity	Mentor Day 2	Career Day—Science/Health
Week 3	Communication skills	Holocaust Survivor	Self-Advocacy & Self Representation	Mentor Day 3	Holiday
Week 4	Making the Most of your Day	Advocacy Part 2	It's ok to not be ok	Mentor Day 4	Career Day—Law Graduation

YouthFirst is a part of **JFCS' Center for Children and Youth**

jfcs.org/find-help/youth • 415-359-2463