

5 Steps to Rapid Employment-The Basics

By: Alexandria Vattimo, Career Services Advisor

RochesterWorks has been a host of the “5 Steps to Rapid Employment” program for 13 years. It was originally developed by career guru and author Jay Block.

Since its start in 2011, the program has reached nearly 2,000 people all over the world. We have seven (and counting) 5 Steps practitioners on site, who were trained to instruct the program and certified by Jay himself. What makes this program different than others like it is the fact that it takes a holistic approach to your job search, or as Jay calls it, “your job campaign.”

What are the 5 steps?

- **Step 1:** Learning how to ride the Emotional Roller Coaster.
- **Step 2:** Defining Your Goals: Jobs that Enrich your life.
- **Step 3:** Using Values-based Resume & Self Marketing tools.
- **Step 4:** Creating a Meticulous Action Plan.
- **Step 5:** Taking Action & Mastering self-marketing.

What to expect

The first two days of class are resoundingly transformative! Instructors encourage participants to explore their belief systems and reframe the stories they are telling themselves. They also challenge 5 Steppers to think about what they want to give and get back from life. This is impactful as we generally don't take time to assess our personal and professional values in our daily lives.

The remaining three days are spent creating a “values-based” resume, learning effective marketing strategies, developing your own meticulous action plan, and becoming a fearless interviewer, networker, and job seeker.

Action Item

This program is offered once a month (except December), and participation requires a commitment to attend class with the understanding that there is homework due each day. To learn more about the program and register for the next class, you must attend the “5 Steps Informational Session” (only once) typically held every other Friday at 9am at our RochesterWorks Career Center. Check the RochesterWorks [Calendar](#) for dates and to sign up for the 5 Steps Info Session.

Fun Fact

If you cannot attend the in-person information session you may also view the 10-minute eLearning version on our [eLearning portal](#) and register for the next class from there using the embedded exercise files

Additional Resources

If you have any questions about the program, you may contact Alexandria Vattimo, 5 Steps Program Coordinator at avattimo@rochesterworks.org

We hope to see you in class!