



Journey House THRIVE is a holistic and comprehensive online program which offers the following process over eight weeks:

Phase I: Recruitment, Complete online career interest survey, information session, phone interview, orientation, pre-assessments, and financial intake package

Phase II: Trauma informed care training experience in two evidence-based curriculum which include:

1. SKY Breathing Meditation provides focused breathing techniques to manage stress and emotions in a healthy way to increase performance & productivity. Rationale: Peace, responsibility, commitment, respect, compassion, trust, honesty, nonviolence, and service to community. These are qualities that we all desire both personally and professionally. However, stress, one of the most common aspects of modern life, prevents that from happening. Learning and performance doesn't exist if minds are full of stress - it's like trying to plant seeds in rocky soil - it won't grow.
2. Community Building Milwaukee is a highly experiential group development process that provides a setting in which participants can quickly let go of past issues, attitudes, and unproductive behaviors that block their progress from being present. The process instills skills that promote independence and self-sufficiency. These may include, but are not limited to: anger management, empathy/compassion, listening, collaboration, and impulse control.

Phase III: Online financial & bridge contextualized learning, vocational, occupational, coaching, hands-on experience (when permitted), certified stackable credentials per industry, exposure and networking events through tours, presentations, and mentors.

Phase IV: Onsite (when permitted) networking completion ceremony with industry employers, intern presentation, and speed-interviewing hiring event.