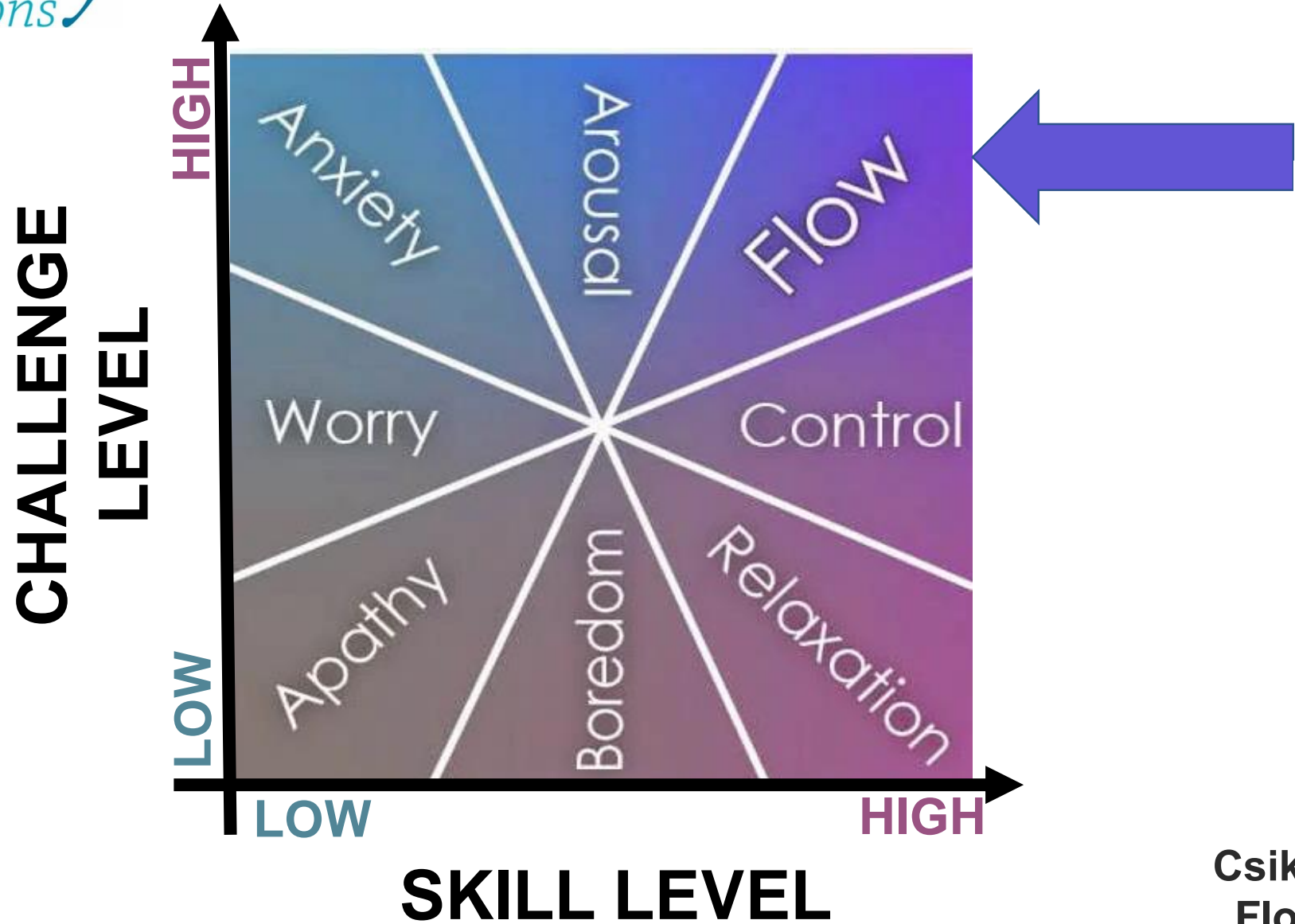




Returning to the Workforce

Applying a strengths-based perspective to planning next steps for returning to work.

**Town Hall with
Cathy Ainsworth and
Heather Gilbert**



Csikszentmihalyi's
Flow State Scale



Academic

Adventurous

Artistic

Assertive

Bold

Capable

Cheerful

Competitive

Confident

Consistent

Cooperative

Courageous

Creative

Daring

Determined

Energetic

Flexible

Friendly

Generous

Gentle

Helpful

Honest

Humorous

Imaginative

Independent

Intelligent

Inventive

Leader

Loyal

Mature

Motivated

Open-minded

Optimistic

Organized

Original

Outgoing

Patient

Polite

Practical

Progressive

Purposeful

Realistic

Reflective

Reliable

Resilient

Resourceful

Responsible

Sociable

Supportive

Tenacious

Thoughtful

Trusting

Trustworthy

Understanding

Versatile

Wise



Cathy Ainsworth, Director of Education & Transition Programs
Heather Gilbert, Program Coordinator

For more information visit us at www.mercyconnections.org
Or call us at 802-846-7063

255 South Champlain Street, Burlington, Vermont

COVID Support VT

- **Funded** by the Substance Abuse and Mental Health Services Administration, **Federal Emergency Management Agency (FEMA)**,
- **Managed** by **Vermont's Departments of Emergency Management and Mental Health**, and,
- **Administered** by **Vermont Care Partners**, a statewide network of sixteen non-profit community-based agencies providing mental health, substance use, and intellectual and developmental disability services and supports.





Website: <https://covidsupportvt.org>

Email: Info@COVIDSupportVT.org

Information: 802.828.7368

Support Counselors: 2-1-1, option #2