

Your Six-Month Graduate Journey

English

Week one

Save your certificate, bookmark the portal, review ALGEE, and identify local or workplace response resources.

Month one

Practice Helping Without Carrying $\frac{1}{2}$. Write two boundary statements and complete the self-care check-in.

Month two

Refresh supportive conversation skills. Review how your organization handles urgent and non-urgent concerns.

Month three

Use the workplace checklist or psychological safety conversation starters with a supervisor or team.

Month four

Review one new resource, attend a learning event, or share The Wholistic Brief with a colleague.

Month six

Reflect: Which skills have I used? What barriers remain? What support or continuing learning would increase my confidence?