

The Three Phases of the SDCCDM

Phase 1: Set a Goal

- The facilitator supports the person to identify and set their career and job goals based on their strengths, interests, and abilities to solve the problem of: What are my career and job goals?

Phase 2: Take Action

- The facilitator supports the person to develop an action plan to achieve the goal they set in Phase 1 and identify a self-monitoring process to track their progress to solve the problem of: What is my plan?

Phase 3: Adjust Goal or Plan

- The facilitator supports the person to evaluate their progress towards the goal to solve the problem of: What have I achieved?