



CREST

Creating Reliable Employee Strengths and Traits

Sponsored by ADRS Lakeshore, **CREST** is designed for individuals who need to improve their job readiness and maintenance skills to obtain and maintain long-term employment. The four-week course will teach:

Communication Skills

Etiquette

Active Listening

How to Talk About Oneself

Hygiene

Interviewing Skills

Conflict Resolution

Job Etiquette

Time Management

Appropriate Work

Behaviors

Teamwork

To learn more, contact **Shannon Robinson**
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*ADRS Lakeshore is a program of the
Alabama Department of Rehabilitation Services*