



CLASSIC

Career Readiness [Classic]

13 STEPS

About Project Helping

Kynd Kits are a program of Project Helping, a mental wellness nonprofit. Our mission is to make it ridiculously easy to volunteer because doing good is good for your mental wellness!

[Learn More at ProjectHelping.org](https://ProjectHelping.org)

When You Build a Kynd Kit - The Cycle of Impact



Tips for Building Your Kit

Helpful Tip for Building Your Kynd Kit

- Avoid politics and religion entirely.
- Use appropriate humor.
- Can't think of what to write, draw a picture!
- Use words of affirmation!
- Place a piece of paper in any canvas bag before drawing on the outside. This way, the marker will not bleed through the other side of the bag.
- Please keep your designs gender-neutral, inclusive, and age-appropriate.

Spanish Translation Options



English	Spanish
Be proud of yourself	Siéntete orgulloso/a de ti mismo/a
Thinking of you	Pensando en ti
Sending love	Mandándote amor
You got this!	¡Tú puedes!
You are stronger than you seem, braver than you believe, and smarter than you think.	Eres más fuerte de lo que pareces, más valiente de lo que crees y más inteligente de lo que piensas.
This time will pass and good things are coming your way.	Deberías sentirte orgulloso/a.
Keep moving forward and fighting for that future!	El próximo capítulo de tu vida será mucho mejor.
Thinking of you during this time and sending warm, supportive thoughts your way.	Estaré pensando en ti durante este tiempo y te mando pensamientos cálidos y de apoyo.
Start where you are. Use what you have. Do what you can.	Empieza donde estás ahora. Usa lo que ya tienes. Haz lo que puedas hacer.
I know this won't be easy, but I also know you've got what it takes to get through it.	Sé que no va a ser fácil, pero también sé que tienes lo necesario para poder pasar esto.

STEP 3 OF 13

Career Readiness [Classic]

Before You Build

About the Recipient

The Career Readiness kit was designed in partnership with Dress for Success. The mission of Dress for Success is to empower women to achieve economic independence by providing a network of support, professional attire, and the development tools to help women thrive in work and in life.

Use the contents of this Kynd Kit to build a care package to help someone with resume preparation and interview readiness. This Kynd Kit will go to Dress for Success to help community members across the country during their search for a career. This can also go to a similar organization in your community!

STEP 4 OF 13

Decorate the Bag

Decorate the kraft bag(s). This is what the final kit is distributed in, so try to make this fun and colorful for the recipient to open.

Please note: we are currently transitioning from plastic ziplock bags to kraft bags. Some kits may still include the plastic bag for you to decorate while we complete this transition.



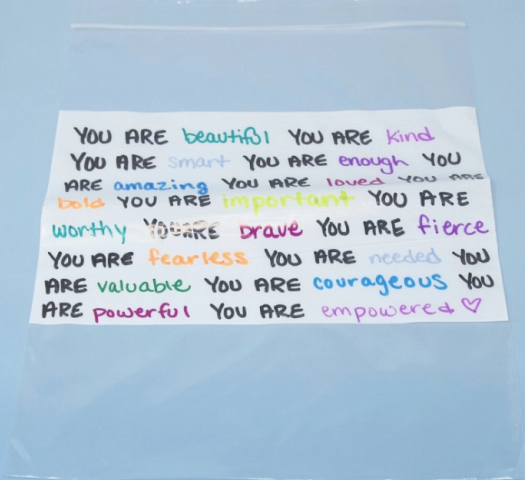
After



Before



After



YOU ARE beautiful YOU ARE kind
YOU ARE smart YOU ARE enough YOU
ARE amazing YOU ARE loved YOU ARE
bold YOU ARE important YOU ARE
worthy YOU ARE brave YOU ARE fierce
YOU ARE fearless YOU ARE needed YOU
ARE valuable YOU ARE courageous YOU
ARE powerful YOU ARE empowered ♡

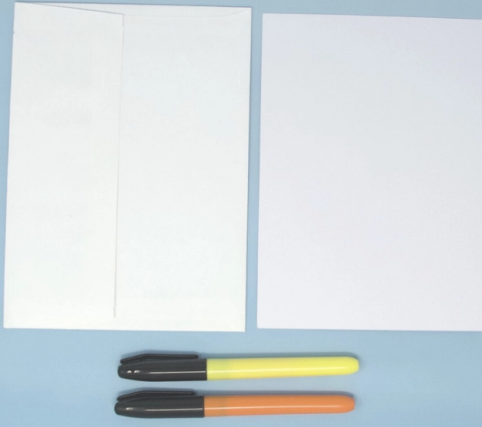
STEP 5 OF 13

Write a Note to the Recipient and Decorate the Envelope

Write a card and decorate the envelope using the enclosed materials. Express your encouragement and include a hopeful message.

Please ensure your message is **age-appropriate** and **avoids references to religion or politics**.

Before



After



Surprise Kyndness Notebook

Decorate the outside of the journal with a picture or uplifting message. Use random pages in the journal to write short, uplifting messages, draw small, colorful images, or create fun writing prompts for the recipient.



After



STEP 7 OF 13

Uplifting Self-Image

Decorate the comb or hairbrush with an uplifting message that the recipient will see each time they use it.

Before



After



Make Interview Prep Flashcards

Materials: Index Cards (3x5) FULL PACK

Write common interview questions on the front of the index cards. On the back of the cards, write common or suggested responses to these questions.



After

Tell me about yourself.

Where do you see yourself
in 3-5 years? 5+ years?

What do you like to
do outside of work?

What excites you about
this role?

STEP 9 OF 13

Interview Prep Workbook

Go through the workbook and add your answers and advice where you can.

STEP 10 OF 13

Optional Clothing Donation

Your completed Career Readiness Kits will be delivered to Dress for Success locations nationwide.

The mission of Dress for Success is to empower women to achieve economic independence by providing a network of support, professional attire, and the development tools to help women thrive in work and life.

You can add clothing donations to your kit when it is returned, and they will be delivered to Dress for Success along with your kit.

CLOTHING ACCEPTED

- Interview appropriate business suits and blouses
- Business separates, including skirts, dresses, blazers, slacks, and jackets
- Work appropriate shoes
- Jewelry, scarves, and belts
- Work-appropriate handbags, purses, briefcases or portfolios

CLOTHING NOT ACCEPTED

- Anything older than 5 years
- Clothes and shoes that are out of season
- Undergarments (we accept monetary donations to purchase these items)
- Casual clothing (t-shirts, shorts, capris, denim, pajamas, workout attire, etc.)
- Items that are worn out, dirty, or need repair

Pack Career Readiness Kit

Pack all the materials into the decorated plastic bag and put it back into the original box.

- Please only include items that are UNOPENED and UNUSED

Optional Items to Add:

- Interview clothing

Items not to include:

- Perishable items
-

Register My Kit (Optional)

Register your kit

To register and track your kits, you must visit the online instructions.

Registering your kit is optional.

Thank You!

When you build a Kynd Kit, you create layers of impact for yourself and the community. We appreciate your time and your support of our mission.

Cheers,

The Project Helping team