

## **Put Your Best Foot Forward**

**Capital Area Staffing Association (CASA) and ABBTECH Staffing Services, Inc. (ABBTECH)** participated in Put Your Best Foot Forward ([www.pybff.org](http://www.pybff.org)) free workshop providing skills, tools, and attire to successfully find and keep a great job on June 6, 2009. Put Your Best Foot Forward was recently featured on ABC's Let's Talk Live and aims to help unemployed and underemployed, primarily homeless, residents of Washington D.C. by providing them with the tools, skills and attire to successfully obtain and keep a great job! Workshop topics include: exploring career options, resume writing, interview preparation, and being successful in the workplace. Participants also had full access to a clothing boutique, where they can choose work-appropriate attire.

Since 2006, the community-inspired and community-built initiative has been providing homeless, low-income, and underemployed individuals in the Washington D.C. metropolitan area with skills, tools, attire and confidence for success in today's workforce. The initiative is designed to break down the traditional barriers to success faced by their participants for finding and keeping a great job. They rely upon the generosity of community partners, corporate sponsors, and volunteers to make a sustainable difference in the lives of our fellow citizens.

PYBFF has brought together dozens of non-profits and corporations, as well as hundreds of volunteers to help local communities. This year CASA and ABBTECH were key sponsors and supporters of the event.

ABBTECH is a 2009 partner and provided pens, paper, tote bags, suits, shoe shine kits and 100 copies of Ms. Carolyn Thompson's book: Ten Easy Steps to Writing a Resume.

Ms. Carolyn Thompson, Executive Coach, and CASA trainer/educator, was a scheduled speaker for "How to Find a Job". This section focused on walking participants through all of the necessary steps to prepare them for finding a job including preparing for the job search, actually searching for a job, and getting references prepared. Ms. Thompson was such a hit that multiple people came up to her afterwards to thank her or ask some additional questions. Please visit Carolyn's website for additional information: <http://carolynthompson.net/>. Thank you Carolyn for supporting our community effort!!!!

**Ms. Carolyn Thompson with  
Josh Kriger, PYBFF Founder**



Threase A. Baker, CASA President and Vice President Operations for ABBTECH, was the scheduled speaker for “Interviewing Skills”. This section focused on providing participants a description of the interview process and gave tips on successful interviewing skills.



**View of participants during presentations.**



**Clothing Boutique**

Put Your Best Foot Forward is committed to providing all organizations and individuals involved with a fulfilling experience that produces real results. If you or your organization is interested in participating, there are plenty of ways to get involved. In addition to personal gratification for helping others, our corporate sponsors can present their philanthropic focus and find prospective employees if desired. Community sponsors can augment their existing job training programs, receive supplemental financial support, acquire free resources, and collaborate with other local partners to increase the efficacy of ongoing job placement efforts.

PYBFF has a successful track record of repeat volunteers, sponsors, partners, donors, and clothing drive participants. In post-event surveys, 100% of our volunteers noted the events were either “well executed or “very well executed”, and 97% of participants said that the events were something they would recommend to others.



[www.pybff.com](http://www.pybff.com)

***"When you choose to serve —whether it's your nation, your community or simply your neighborhood—you are connected to that fundamental American ideal that we want life, liberty and the pursuit of happiness not just for ourselves, but for all Americans. That's why it's called the American dream."***

***-President Barack Obama***