

# REBOOT Workshop-D for Veterans/Civilians with Disabilities

RELEARN \*REBUILD\*REBRAND

## 2015 SCHEDULE

- March 30 through April 17
- July 20 through August 7
- November 30 through December 18



### Workshop Schedule

The 15-day, course of progressive training builds upon the participants' work history, skills, and experience and comprehensively addresses the personal, social, & professional aspects of military-to-civilian life transition.

The **REBOOT Workshop-D™** is divided into three parts:

- **Week One - Personal Transition:**  
Addresses personal effectiveness and well-being.
- **Week Two - Lifestyle Transition:**  
Addresses living situation and community-life functioning.
- **Week Three - Career Transition:**  
Addresses the transition domains of employment, career and education.

Classes are held daily - Monday through Friday from 9:00AM to 4:00PM.

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### Workshop Overview

People suddenly facing the effects of a disability have two major battles to overcome early in their new lives: physical and mental. Currently the focus is on the physical battle, with limited assistance for the rehabilitation of the mind and spirit. A system of recovery that treats the whole person, one that integrates the rehabilitation of the mind and spirit along with the rehabilitation of the body, is paramount.

**REBOOT Workshop-D™** is based around how we think and how our thoughts impact significantly in every facet of our lives. It demonstrates how we let habits, attitudes and beliefs stand in the way of releasing our inner potential. It also reveals how our beliefs and expectations about ourselves, families, and our futures are directly related to our current realities.

**REBOOT Workshop-D™** is designed to build awareness of how your mind works, and how to control the way you think and how to achieve success in any part of your life you desire. The program also shows you how important it is for those that have suffered a traumatic injury in particular, as well as their families, friends and caregivers, to lock on to the power of the mind, and focus on a productive and contributive future.

### Learning Objectives

Program duration is three-weeks and involves 20 to 25 participants. Each week involves interactive sessions followed by short discussions. Participants are asked to look introspectively at their lives and write answers to reflective questions outlined in the resource material with the facilitators directing group discussions.

### Enrollment Requirements

All applicants/consumers must be referred by the Department of Rehabilitation (DOR), or be a disabled veteran with proof of disability. All veterans are asked to show proof of service.

### Enrollment Process

A referral form must be sent via the Service Coordinator to the Admission Department from the DOR. Once done, the applicant must go online and apply.

**Learn more! Contact Dietrice Hinojosa:**  
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National Veterans Transition Services, Inc. (NVTSI) aka REBOOT - is a San Diego-based 501(c)(3) organization dedicated to assisting veterans in adjusting to civilian life and secure meaningful employment by combining best-practice performance techniques. The organization was established by a group of retired high ranking Naval and Marine Corps officers and workforce development professionals who seek to fill a tremendous gap in the continuum of veteran services.

National Veterans Transition Services, Inc. aka REBOOT  
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