

NCWorks Career Centers

With more than 80 career centers across the state, NCWorks provides assistance with every step of your job search – **free of charge**.

NCWorks Career Center services include:

- Career assessment and guidance
- NCWorks Profile Assistance
- Resume preparation
- Job Seeking Skills workshops
- Referrals to Employment
- Letters of Explanation
- Access to training and education programs
- Interview Preparation assistance
- Job Fairs and Hiring Events
- Supportive Services

Find out more at:
www.NCWorks.gov



A proud partner of the
AmericanJobCenter[®]
network



About Zeb S. Regan, III, Ph.D.:

Dr. Regan is the founder of Fierce Fellows, LLC. He began his educational journey at North Carolina Central University (NCCU) before transferring and completing his Bachelor of Arts degree in English at North Carolina Agricultural and Technical (A&T) State University. He earned his Master's degree in Psychology from the University of Phoenix and a Doctor of Philosophy (Human Services) from Walden University.

Dr. Regan's focus on counseling has been concentrated with his development of the Behavioral Dependency Reversal (BDR) process, which uses six critical components to change negative behaviors effectively.



FIERCE FELLOWS Reentry Program

Prepare to succeed in the work environment, get and stay employed, and live your best life!

- Soft Skills
- People Skills
- Work Readiness Skills

Develop Your:

- Emotional Intelligence
- Self-Awareness
- Self-Regulation
- Internal Motivation

This program will be offered **at no charge** to qualifying individuals by the N.C. Division of Workforce Solutions and NCWorks Career Centers.

DWS_Re-Entry@commerce.nc.gov



What is Fierce Fellows?

Fierce Fellows is a life skills program offering justice-involved individuals the opportunity to address barriers to employment and improve employment retention by providing the knowledge, skills, and attitudes that participants will need to maintain order, build strong family ties, engage/re-engage in their communities, and achieve meaningful, sustaining employment.

This is a 40-hour program, conducted over 4 or 5 weeks. Classes will be small in size, so each participant will receive focused, personal attention.



The **Fierce Fellows Reentry Program** is designed to help justice-involved individuals learn the following:

- How to recognize and cope with stress
- Strategies to promote effective problem solving and decision making
- How to set realistic short-term and long-term goals
- How to draw logical connections between education, employment and finances
- Social and life skills that can be important to facilitate self-control and reduce impulsivity (acting without thinking)
- Strategies for coping with real barriers faced by justice-involved individuals in today's society

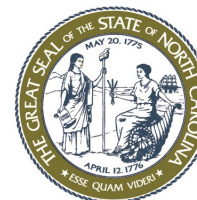


Program Partners



Fierce Fellows

Fierce Fellows LLC is a consultation, book /curricula development, think tank, and counseling firm dedicated to providing support services to various contract providers.



NC DEPARTMENT
of COMMERCE
WORKFORCE SOLUTIONS

Contact Information

Eric Haddock, Reentry Coordinator
984-236-4211
DWS_Re-Entry@commerce.nc.gov

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