

**Before You Quit
Stop. Think. Consult.**

Call the person who helped you get the job. Talking to someone may help.

After your first day, you may wonder whether you made the right decision. **Relax and reflect on how far you've come.**

If you don't like your boss, it's okay. Not everyone does. Treat everyone with respect and **seek coaching from your job developer.**

If you really want to quit, **contact your job developer for tips on how to leave on a good note.**

If you're scheduled to work but have another family obligation, **communicate with your employer.**

Remember: Don't burn bridges, build them!

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Contact your **career coach**, if:

- You are frustrated with your job
- You think you want to quit
- You have trouble performing your job duties

Name: _____

Phone: _____

E-Mail: _____

Contact your **employer**, if:

- You're going to be late to work
- You need some time off
- You have an emergency

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