Sponsored by ADRS Lakeshore, CREST is designed for individuals who need to improve their job readiness and maintenance skills to obtain and maintain long-term employment. The four-week course will teach:

- Communication Skills
- Etiquette
- Active Listening
- How to Talk About Oneself
- Hygiene
- Interviewing Skills
- Conflict Resolution
- Job Etiquette
- Time Management
- Appropriate Work Behaviors
- Teamwork

To learn more, contact Shannon Robinson at 205-917-8400 or shannon.robinson@rehab.alabama.gov