

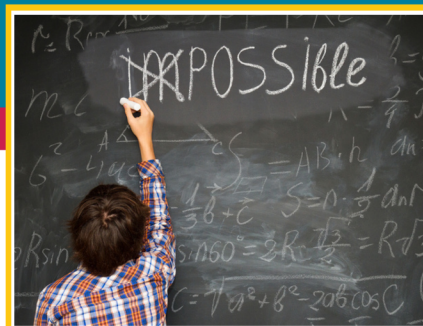
CAREER COMPASS

Navigating Youth to Career Success

October 2025

Your Future Begins Here | sutteronestop.com

WORKPLACE CHALLENGES: MASTERING DIFFICULT SITUATIONS



SCAN ME



Want to get involved? Scan this QR code to connect with our Youth Team and learn about exciting opportunities!

DEALING WITH CONFLICT

1. **Stay Calm:** Take a breath before reacting.
2. **Active Listening:** Understand the other person's perspective without interrupting.
3. **Focus on the Issue:** Address the problem, not the person.
4. **Seek Solutions:** Brainstorm ways to resolve the disagreement together.
5. **Know When to Escalate:** If needed, know when to involve a supervisor or HR.

TEAM DYNAMICS



- Observe and learn how your team works together.
- Be friendly and professional with everyone.
- Avoid gossip and taking sides in disputes.
- Let your performance and dedication speak for themselves.
- Always act with integrity and respect.

SEEKING SUPPORT FROM MENTORS



- Find an experienced person you trust.
- Clearly communicate your goals and what you'd like to learn from them.
- Be open to their advice and different perspectives.
- Regularly check in and show your appreciation for their time.

MAKING YOUR VOICE HEARD

- Know your value and rights.
- Communicate clearly and respectfully.
- Choose the right time and place.
- Stay calm and ask for help if needed.



October is National Disability Employment Awareness Month

This month celebrates the contributions of workers with disabilities and highlights the value of an inclusive workforce for everyone.



NATIONAL
**DISABILITY
EMPLOYMENT
AWARENESS MONTH**
OCTOBER

2025-2026

The Sutter County One Stop is a proud partner of America's Job Center of California network.

A Big Thanks To Our Work Experience Partners!

All Power Services
Brakes, Tires & More
C&M Automotive
East Linda Garden LP
Esteban's Tacos, Burgers & Brews
Gaiser's Pets
Grocery Outlet

IHOP
JCPenney
Papa Murphy's Take N' Bake
Photogenic 1 Studio
Pizza Factory
Steele House Coffee
Straw Hat Pizza

Sutter Co. Supt. of Schools
Tin Roof Bakery
Tractor Supply Co.
Walgreens (855 Colusa)
West Coast Sourdough
Yuba City High School

**Employers that partner with us to provide valuable work experience opportunities for our youth.*



Equal Opportunity Employer/Program.
Auxiliary aides & services are available upon request to individuals with disabilities.