BRING YOUR A GAME TO WORK

Multimedia Resource Guide

File Name	*File Type*	*File Size*	*File Description and Use*	*Free Software Needed*
Bring Your A Game to Work Rap Video	*.avi*	*43.6 MB*	*Length: 2:49 minutes. Created by Mardy Mar, an employee who completed the training program, this video can be played as participants walk into class, or during a break. From the artist: "The training was cool and made me rethink my job and my career. I felt it was time to send out the message to my peeps that if you work hard and play by the rules, you're future is unlimited."*	*QuickTime, VLC, or Windows Media Player*
Bring Your A Game to Work Rap Song	*.mp3*	*3.4 MB*	*Length: 2:49 minutes. Use this file in a similar way as the video if you don't have a projector or A/V equipment. You can also give this file to participants to import into their mp3 players (such as an iPod or iPhone).*	*iTunes, QuickTime, VLC, or Windows Media Player*
Psycho Metrics of Personality	*.pdf*	*499 KB*	*Length: 1 page. This is the page from the participant workbook that explains each of the five shapes from the "What Shape is Your Personality" exercise.*	*Adobe Reader*
Bring Your A Game to Work - Presentation Outline	*.pdf*	*1.3 MB*	*Length: 6 pages. This guide will help you navigate the Presentation as you facilitate your course.*	*Adobe Reader*
Bring Your A Game to Work Presentation	*.pdf*	*7.8 MB*	*Length: 114 pages. Use this visual aid to deliver program content and facilitate activities. To show the presentation in Adobe Reader, click "View" from the drop down menu, then click "Full Screen Mode." Use your keyboard arrow keys, spacebar, or click your mouse to advance slides; press escape to leave full screen mode.*	*Adobe Reader*