



Volunteer Overview: Prison Ministry Program

This guide is designed to equip you, as a volunteer ministering with inmates, to effectively use the Identity Trait Program and Worksheets. These tools will empower you to assist inmates in identifying their strengths, vulnerabilities, and growth areas as they work toward rehabilitation, personal growth, and spiritual healing. By utilizing these resources, you will help foster resilience, build connections, and guide inmates on their transformative journey.

Preparation:

Take the following steps to prepare for Session 1 and begin the Identity Program with a God-created inmate:

1. **Review this Volunteer Overview:** Familiarize yourself with the overall process and structure of the program.
2. **Download and Print the Inmate Overview:** Bring this to the Session 1 meeting.
3. **Download and Print the Identity Assessment Sheet:** Once you have the inmate's commitment to proceed, have them complete the assessment. Ensure their name is included on the sheet.

Session 1: Program Buy-In and Identity Assessment

Review the Inmate Overview: During the Session 1 meeting, discuss the Inmate Overview with the inmate to ensure they understand the program and how it helps them uncover how God has wired them. Once the inmate is ready to move forward, have them complete their Identity Assessment Sheet.

Post-Session 1: Take Assessment as Proxy

1. **Access the Prison Ministry Volunteer Portal:** Click on Session 1 and go to Step 5 to complete the assessment with the inmate's Identity Assessment Sheet.
2. **Complete the Assessment as Proxy:** Input the inmate's answers into the online identity assessment. Please note, the questions appear in random order, so you will need to match the paper form questions with the online questions.
3. **Register to Get Results:** Once completed, register with your name and email address (this can be done for multiple assessments) to obtain the inmate's results.
4. **Record Primary and Secondary Traits:** Write down the inmate's Primary and Secondary Traits on the Identity Assessment Sheet, as these traits will guide you through the rest of the program.
5. **Download and Print Trait Worksheets:** The online Identity Assessment will indicate the inmate's primary and secondary traits. Download and print these worksheets

to share with the inmate in your future sessions. These worksheets are available in the Prison Ministry Volunteer Portal.

Session 2: Character Traits Worksheet

Guide inmates in reflecting on their character traits. Encourage them to think about how these traits have shaped their past decisions and how they can use them to make better choices going forward.

Session 3: Spiritual Strengths Worksheet

This session focuses on helping inmates recognize their spiritual strengths, including their faith and experiences that have contributed to their resilience. Use this time to minister through prayer, scripture, and words of encouragement.

Session 4: Vulnerabilities Worksheet

Assist inmates in acknowledging their vulnerabilities, including past struggles and trauma. Offer support and understanding as they learn that recognizing weaknesses is an essential part of growth and healing.

Session 5: Navigating Challenges Worksheet

Help inmates develop strategies for overcoming challenges, particularly within the context of prison life. Discuss personal challenges and explore ways to adapt and overcome difficulties.

Session 6: Learning Styles Worksheet

Assist inmates in identifying their learning styles. Understanding their unique learning preferences will help them engage more effectively in educational programs, spiritual growth, and personal development initiatives.

Session 7: Relational Strengths Worksheet

Focus on the relational strengths inmates possess and how these can be used to build positive relationships, even within a prison environment. Discuss the importance of empathy, communication, and understanding in fostering healthy relationships.

Session 8: Conversational Strengths Worksheet

Encourage inmates to reflect on their conversational skills. Help them understand how to engage in meaningful dialogue, resolve conflicts, and communicate effectively, particularly in challenging situations.

As a volunteer, your role is to guide inmates through these sessions with empathy, understanding, and spiritual support. Each worksheet serves as a tool for personal reflection, and together they form a roadmap for inmates to discover their potential, overcome obstacles, and experience healing and transformation. By working through these materials, you will help inmates build a foundation for lasting change, both during their time in prison and beyond.