

Employment Readiness - APRIL & MAY EVENTS

For more information, please contact Irene Compton by phone at 613.741.5590, ext. 224
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Wednesday, April 2	Employment Circle 12:30 p.m.-2:30 p.m., Minwaashin Lodge Participate in a traditional, Aboriginal circle of women who support one another to achieve full-time or part-time employment or ways of going back to school. In this circle, we discover an interactive way of setting employment and training goals. This system is called the SMARTS system of setting goals.
Thursday, April 3	Confidence Building 12:30 p.m.-2:30 p.m., Minwaashin Lodge Knowing who you are builds confidence. In this circle we look at where confidence comes from and how we can integrate the grandfather teaching of bravery to build confidence.
Thursday, April 10	Identifying Your Gifts & Skills 12:30 p.m.-2:30 p.m., Minwaashin Lodge Using Aboriginal Guiding Circles, find out what gives you meaning and strength in areas of self, culture, community, natural world and spiritual world and how this can help you in your career search. Also develop your own Career Medicine Wheel.
Thursday, April 17	Planning a Successful Job Placement 12:30 p.m.-2:30 p.m., Minwaashin Lodge As part of the Employment Readiness Program, learn how to plan for a job placement and what is required to complete a 40-hour work experience. Also, Causeway representative visits our program and recruits for Paid Placements.
Thursday, April 24	Building Your Résumé 12:30 p.m.-2:30 p.m., Minwaashin Lodge Learn components of a good résumé and what employers are looking for in résumés. Learn how to develop a cover letter.
Thursday, May 1	More Confidence Building 12:30 p.m.-2:30 p.m., Minwaashin Lodge An interactive workshop to get out of your comfort zone. Become more confident about job interviews and daily challenges using the grandfather tradition of bravery.
Thursday, May 8	Preparing for the Interview 12:30 p.m.-2:30 p.m., Minwaashin Lodge Learn how to prepare for interviews. Understand the components of a successful interview. Practice typical questions employers will ask.
Thursday, May 15	More Communication Skills & Confidence Building 12:30 p.m.-2:30 p.m., Minwaashin Lodge Breathing is our connection to spirit. Learn techniques to calm the "fight or flight" response that happens before and during interviews.
Thursday, May 22	Interview Rehearsals 12:30 p.m.-2:30 p.m., Minwaashin Lodge Experience a mock interview. Video-taped and played-back for constructive feedback. A safe environment to practice interview skills.
Thursday, May 29	Graduation 12:30 p.m.-2:30 p.m., Minwaashin Lodge Participants of the Employment Readiness Program invite family and supporters to a traditional graduation ceremony and celebration.