

Workshop Calendar

Be sure to register for your workshop today!

519-271-5700 ext.7224

STRATFORDCAREERCENTRE@CONESTOGAC.ON.CA

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 JOB FINDING CLUB Topic: Networking 1pm-2pm	4	5	6 Resume Drop-in 10am-2pm <i>Helpful tips & guidance</i>
9	10 JOB FINDING CLUB Topic: Following Up 1pm-2pm	11	12	13
<h2>SOFT SKILLS SOLUTIONS <small>MON-FRI 9:30AM-12PM</small></h2>				
16 LinkedIn - Tips, Tricks & Application 1pm-3pm Academic Upgrading Information Session 1pm-2pm	17 JOB FINDING CLUB Topic: Staying Positive 1pm-2pm	18 Conestoga College Information Session 12pm-1:30pm Labour Market Research 1:30pm-4pm	19	20 Resume Drop-in 10am-2pm <i>Helpful tips & guidance</i>
23 Job Search Essentials 9:30am-12pm	24 JOB FINDING CLUB Topic: Your Elevator Speech 1pm-2pm	25 Stress Reduction: Traditional Metis Beading 5:00-7:00pm PRESENTED BY: Metis Nation on Ontario	26 Managing Your Money for Youth 9:30am-12pm	27
30 Health & Safety 101 9:30am-12pm	31 JOB FINDING CLUB Topic: Informational Interview 1pm-2pm			 This <i>Employment Ontario</i> service is funded by the Ontario government.

STRATFORD CAMPUS, 130 YOUNGS ST., STRATFORD ON



Hours of Operation Monday, Tuesday, Thursday, Friday

8:30am – 4:30pm Wednesday 8:30am – 6:00pm

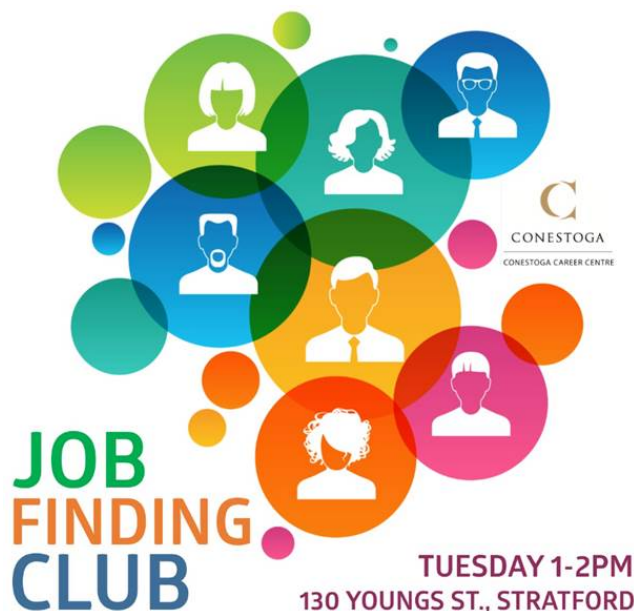
Workshop Calendar

Be sure to register for your workshop today!

519-271-5700 ext.7224

STRATFORDCAREERCENTRE@CONESTOGAC.ON.CA

SOFT SKILLS SOLUTIONS JAN 9-13, 9:30am-12pm	Soft Skills Solutions teaches and enhances the skills you'll need to be successful in today's workplace. The skill areas covered are: workplace communication, teamwork, personal management, problem solving and critical thinking and professional skills development. The course content is based on employer surveys and extensive research that shows these skills are in demand. You will receive a certificate when finished the full week of training and can then add this to your resume to showcase your new skills. Join us for a fun week of interactive training!
LINKEDIN – TIPS, TRICKS & APPLICATION JAN 16, 1pm—2pm	Do you have a LinkedIn profile? Did you build one but aren't sure how to use it? This session is an opportunity to look at your online resume and get tips and tricks that you can apply to reach and impress employers online.
ACADEMIC UPGRADING INFORMATION SESSION JAN 16, 1pm—3pm	Wondering how Academic Upgrading can help you achieve your goals for the new year? Meet with Robin Ritz to chat about the classes that Academic Upgrading offers and how we can aid you in your postsecondary or GED goals, and even goals of improving your literacy or numeracy skills for apprenticeship or the workplace.
LABOUR MARKET RESEARCH JAN 18, 1:30pm—4pm	Do you know what Labour Market Research is and how to use it in your job search? Participants will learn where to find information about who's hiring, what fields are growing and what's happening in the labour market.
JOB SEARCH ESSENTIALS JAN 23, 9:30am—12pm	Discuss where to find job leads, how to speak with employers, what to say, how to communicate your skills, the importance of networking, and how to organize your effective job search.
TRADITIONAL METIS BEADING PRESENTED BY: METIS NATION OF ONTARIO JAN 25, 5pm—7pm	Reduce stress and meditate - be it job searching, studying or trying to figure out what your next steps are, reducing anxiety is key to your success! Join Lisa Scott, Community Wellness Coordinator for Métis Nation of Ontario at the Stratford Career Centre to learn more about traditional Metis beading as a tool to reducing your heart rate and racing thoughts.
MANAGING YOUR MONEY FOR YOUTH JAN 26, 9:30am—3pm	Interest? Credit? Debt? Learn essential money management skills and how to track your spending to create sound financial habits.
HEALTH & SAFETY 101 JAN 30, 9:30am-12pm	In this educational workshop we look at the Occupational Health and Safety Act and its regulations. Learn more about your rights and responsibilities, workplace hazards and how to protect yourself. Obtain a Worker Health and Safety Awareness Certificate at the end of this workshop.



JOB FINDING CLUB

TUESDAY 1-2PM
130 YOUNGS ST., STRATFORD

Job Finding Club

You are invited to attend our weekly "Job Club"! Get together with fellow job seekers every Tuesday and help one another! A coach will also be on-hand to answer questions, give you details on upcoming employer events, and get to know you so we can assist you better.

NETWORKING JAN 3, 1pm-2pm
FOLLOWING UP JAN 10, 1pm-2pm
STAYING POSITIVE JAN 17, 1pm-2pm
YOUR ELEVATOR SPEECH JAN 24, 1pm-2pm
INFORMATIONAL INTERVIEW JAN 31, 1pm-2pm

STRATFORD CAMPUS, 130 YOUNGS ST., STRATFORD ON



Hours of Operation Monday, Tuesday, Thursday, Friday

8:30am – 4:30pm Wednesday 8:30am – 6:00pm