

# JANUARY 2016 -WORKSHOP SCHEDULE



Mon	Tue	Wed	Thu	Fri
				1
4	5	6	7	8
11	12	13	14 Volunteering 1:30pm	15
18	19 Job Seeker Fast Track 10-2:30pm	20 Taking Care of You Self Esteem Session 1:30-3:30pm	21	22
25 Boosting Online Job Searching & Computer Skills 9:30-12pm	26 Hamilton Legal Clinic Information Session & ODSP Application Process 2-4pm	27	28	29

**CALL TO SIGN UP FOR A WORKSHOP SESSION—SPACE IS LIMITED—CALL TODAY!**

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The Way To Work!



# WORKSHOP SCHEDULE



<b>Taking Care of You Self- Esteem Session</b>	This workshop builds, reinforces and develops your self-esteem & personal confidence to effectively help you find work, get work and keep working. You will partake in a lively, candid, informational and interactive session that shows & tells the truth about self-esteem health, how it's lost and how to acquire more. Put yourself "1st and foremost"
<b>Volunteering</b>	In this workshop you will learn: <ul style="list-style-type: none"><li>• Where you can volunteer</li><li>• How you can benefit from volunteering</li><li>• How the community benefits from volunteering</li><li>• How volunteering can increase your confidence</li></ul>
<b>Job Seeker Fast Track</b>	The Job Seeker Fast Track is a workshop dedicated to assessing HOW to conduct a job search, WHERE to job search and WHAT tools to utilize. Learn the importance of networking, how to tap into the hidden job market, transferable skill building & marketing, identify various job search engines, conduct an efficient job search and so much more! Plus, listen in on Resume and Interview tips!
<b>Boosting Online Job Searching</b>	Spending most of your time job searching online and still having difficulty uploading your resume or not getting calls? This interactive job search/computer skills workshop teaches you useful strategies to improve your online job search. You will learn how to not only effectively job search and apply to jobs using Indeed.ca, but how to start spending more time researching employers to access the hidden job market using tools like Google Maps.
<b>Hamilton Legal Clinic General Information Session and How to Apply to ODSP</b>	Ontario Disability Support Program Application process and Hamilton Legal Clinic general information session regarding services provided to the community.