

Ontario Works Program presents...

PERSONAL ACCOUNTABILITY & RESPONSIBILITY TRAINING (PART) PROGRAM
Exploring Ways to Bring Your Best Self Forward!



The PART Program consists of five workshops, which are designed with a view to optimizing and sustaining personal leadership qualities and employability – *what does that mean?! –* It can help you bring your best self forward in life, during job searches, in interviews and in the workplace!

It is anticipated that, as a result of taking this program, workshop participants will have an increased awareness of:

- A. The importance of personal accountability and responsibility in personal and work life;
- B. Personal talents, skills, areas for personal growth/development and career interests;
- C. Ways to tap into/develop self-esteem/confidence and motivation;
- D. Role of appreciating diversity in optimizing personal and work life;
- E. Self-management (including planning, goal-setting and commitment);
- F. Stress Management (including Change Management), Conflict Management, Communications Management and Time Management.

The Myers-Briggs Type Indicator (MBTI) is an assessment tool, which describes an individual's personality, and it also helps identify career interests based on your personality. The MBTI is a key element in the PART Program so all who attends will be completing it on-line during a designated time period before the workshops. The results (including information on career interests unique to your personality) will be given during the PART program. Results are confidential, so workshop participants don't have to share their MBTI results unless they wish to do so.

WHEN: Monday, August 26th to Friday, August 30th 2013

Time: 9:00 am – 3:30pm

WHERE: Community Centre - #20 Whetung Street, Curve Lake, Ontario K0L 1R0

For more information and/or to register, please contact Jeannine Smith, Social Services Administrator by phone at 705-657-8045 ext. 212 or via email at socialservicesadministrator@curvelakefn.ca

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