

# STEPPING STONES TO LIFE AND EMPLOYMENT SUCCESS WORKSHOP

Designed and Delivered by Morningstar Center For Engagement

Sponsored by Kagita Mikam & Curve Lake First Nation

## One-Week Workshop

Monday, March 27<sup>th</sup> to Friday, March 31<sup>st</sup> 2017

*This workshop will take place at the Curve Lake Employment Resource Centre  
from 9 a.m. to 3:30 p.m.  
Monday to Friday*

### *This 5-day workshop series will help you learn:*

- About your personality and related career interests, and ways to optimize your life and maximize employability (through a personality type booklet);
- Ways to enhance career searches and job interviews (through a personalized career interest report and career booklet);
- Tips to help you tap into personal motivation, build self-confidence and improve interview performance;
- Personality differences in others and how this information can contribute to interview and job effectiveness;
- Strengths and challenges of your work style (through a personalized work personality report);
- Tips and techniques for stress management, change management, time management, and conflict management (with a booklet regarding your conflict handling style as well as others);
- Effective communication and customer service skills;
- What you need to stop, start, and continue doing to enhance getting and keeping a job.

Completion of online questionnaires are required before workshop start  
and your results are confidential 😊

**Register by Thursday March 23, 2017**

**Contact: Kristin Phillips, Ontario Works Employment Case Worker**

**Phone: 705-657-8045 Ext 202**