

# Essential Skills Workshop Schedule

March 2018

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 Relaxation and Stress Management – Collage and Mixed Media (9:30am-12:30pm at Studio C)	2	3
4	5	6	7	8 Communication and Time Management – Painting (9:30am-12:30pm at Studio C)  Empowerment: Aligning Mind, Behaviors, and Emotions (9am-12pm at Franklin Office)	9	10
11	12	13	14	15 Oral Communication – Theatre Games (9:30am-12:30pm at Studio C)  Empowerment: Aligning Mind, Behaviors, and Emotions (9am-12pm at Franklin Office)	16	17
18	19	20	21	22 Working Independently and as a Team – Drawing and Sculpture (9:30am-12:30pm at Studio C)  Empowerment: Aligning Mind, Behaviors, and Emotions (9am-12pm at Franklin Office)	23	24
25	26	27	28	29 Stress Management and Communication – Oil Pastels & Painting (9:30am-12:30pm at Studio C)  Empowerment: Aligning Mind, Behaviors, and Emotions (9am-12pm at Franklin Office)	30  <b>Prospect is closed</b>	31

To register for an essential skills workshop, contact us at:

[info@theworx.org](mailto:info@theworx.org) or 403-273-2822

*Please indicate any accommodations you may need to participate in our workshops.*

## **Locations**

**Studio C: #235, 1721 29th Ave SW, Calgary Alberta, T2T 6T7**

**Franklin Office: 915 33<sup>rd</sup> Street NE, Calgary Alberta, T2A 6T2**

## **Workshop Descriptions**

### **Relaxation and Stress Management – Collage and Mixed Media**

Work on mindfulness and stress management by experimenting with the medium of collage and mixed media. Learn to scale your level of stress and use coping mechanisms, like creativity, to lower your stress levels. We will discuss how this can be transferred to assist you during your employment journey.

### **Communication and Time Management – Painting**

Participants work together to create a collaborative painting while exploring a variety of communication styles. Teams practice communication and paint their pieces through active listening and following instructions.

### **Oral Communication – Theatre Games**

Practice techniques to help you with verbal communication and work on delivering personal monologues that highlight your strengths. This workshop will help you build confidence and gain skills helpful for job interviews.

### **Working Independently and as a Team – Drawing and Sculpture**

Participants work independently and as a team, similar to skills that employers are looking for on a resume, through creating independent drawings and collaborative sculptures influenced by the drawings.

### **Stress Management and Communication – Oil Pastels and Painting**

Work on mindfulness and stress management by drawing with oil pastels and painting! Practice assertive communication by presenting your artwork to the group. There will be a group discussion at the end of the workshop surrounding stress management and communication within the employment journey.

### **Empowerment Series: The Power of Intention**

The intent of this module is to speak about the mental state that we create with intention and the commitment that we make to ourselves to carry actions and mental activities to support the intended change.

### **Empowerment Series: Aligning Mind, Behaviours, and Emotions**

The intent of this module is to understand the internal conversation that we carry in our mind. When we become and observer of our minds/ emotions and how they are affecting the body, we can better understand why we do what we do and what is supporting those beliefs and behaviors about ourselves.

### **Empowerment Series: Changing Habits**

The module includes theory of change, brain facts and information about brain changes when trying to unlearn a behavior, emotion and or changing your mind about something and replacing it with new understanding and new knowledge.

### **Empowerment Series: Strategies for Life**

Over time each one of us is able to rely on personal strategies that support us as individuals. In this module learn about your potential, changing the energy of dysfunctional memories, changing your personal beliefs about yourself to be more successful in life.