

May 2018 Workshop Calendar

Mon	Tues	Wed	Thurs	Fri
	1	2	3 Studio C – Essential Skills Workshop 9:30am-11:30am	4
7 Disclosure & Requesting Accommodations 1:30-3:30pm	8 Transferrable Skills 9:30am-11:30am Resume Targeting 1:30-3:30pm	9 Empowerment Advanced Managing Stress & Anxiety 9am-12pm Job Search Strategies 1:30pm-3:30pm	10 Studio C – Essential Skills Workshop 9:30am-11:30am Empowerment 1 The Power of Intention 9am-12pm	11
14 Resume Critique 1:30-3:30pm	15 Job Search Strategies 9:30am-11:30am Career Pathways- Exploring The Labour Market 1:30pm-3:30pm	16 Transferrable Skills 9:30am-11:30am Interview Prep 1:30-3:30pm	17 Studio C – Essential Skills Workshop 9:30am-11:30am Empowerment 2 Aligning Mind Behaviors & Emotions 9am-12pm	18
21 STAT Prospect Is Closed For The May Long Weekend	22 Transferrable Skills 9:30am-11:30am	23 Job Search Strategies 9:30am-11:30am Resume Targeting 1:30-3:30pm	24 Studio C – Essential Skills Workshop 9:30am-11:30am Empowerment 3 Changing Habits 9am-12pm	25
28 Job Retention And The First 90 Days 1:30-3:30pm	29 Job Search Strategies 9:30am-11:30am Career Pathways- Exploring The Labour Market 1:30pm-3:30pm	30 Transferrable Skills 9:30am-11:30am Interview Prep 1:30-3:30pm	31 Studio C – Essential Skills Workshop 9:30am-11:30am Empowerment 4 Strategies for Life 9am-12pm	

PLEASE FLIP THE PAGE FOR WORKSHOP REQUIREMENTS

OUR WORKSHOPS ARE

HELD AT

FRANKLIN

915 33 Street NE, Calgary
Alberta T2A-6T2

OR

C-SPACE

235 – 1721 29 Avenue SW,
Calgary Alberta T2T-6T7

BEFORE REGISTERING

Please read the descriptions on the back of this sheet to be best prepared.

Items that are underlined are REQUIRED to take part in the workshop.

TO REGISTER



403-273-2822

Ask to speak to the ERC
If you get through to voice mail please speak slowly and include your first and last name as well as your phone number



info@theworx.org

Please include what workshop you would like to take and on what date, your first and last name as well as your phone #

Workshop Descriptions and Requirements

Career Pathways- Exploring the Labour Market: Explore your interests and how you can work toward your career goals in the Calgary Labour Market.

Coming Prepared: Clients must have 3-5 potential job targets in order to register for this class

Transferrable Skills: transitioning careers or unsure of how to explain your transferrable skills? Identify and understand how to share your transferable skills with an employer through your resume.

Resume Targeting: learn what makes a good resume, and how target your resume to job postings for greater success.

Coming Prepared: any participants must come to the workshop prepared with your employment history and/or a rough draft of your resume. This workshop will use computers, so basic Microsoft Word skills are an asset to participation, or edits may be done by hand.

Resume Critique: resume not getting the results you hoped for? Let our experts review your resume and give you meaningful suggestions to improve it.

Coming Prepared: participants should have already completed resume best practices and must have a resume ready for review.

Job Search Strategies: find out what makes a good job posting, where to search for jobs, how to market yourself, and learn to tap into the hidden job market.

Coming Prepared: come with a clear idea of your job targets and your employment history.

Interview Prep: learn how to prepare for an interview, avoid potential pitfalls, and how to answer some of the most common interview questions.

Disclosure & Requesting Accommodations: Worried about disclosing a disability or need for an accommodation? Understand the legalities and practicalities surrounding disclosure and accommodations!

Job Retention and the First 90 Days: discover what employers expect when starting a new job and how you can have the most success at maintaining and thriving in your job!

Empowerment 1-4: Led by Dr. Irene Estay these workshops focus on mindfulness and empowering yourself for inner strength and resilience

Empowerment Advanced: Offered once per month this advanced workshop focusses on in-depth strategies for mental health and wellness

Coming Prepared: Clients registering for this workshop must have completed 2 or more of the Empowerment 1-4 workshops

Essential Skills at Studio C: Offered in our Mardaloop C-Space these hands on workshops combine creativity and fun with skill development

Employment and Empowerment Workshops
are held at our Franklin Office
915 33 Street NE, Calgary Alberta T2A-6T2

Essential Skills Workshops
are held at C-Space
235 – 1721 29Avenue SW, Calgary Alberta T2T-6T7