

Prospect Workshops, September 2017

915 33rd St NE Calgary AB T2A 6T2, 403-387-6025, theworx.org

When registering, please indicate any accommodations you may need to access the workshop.

Essential Skills workshops are held at Studio C #235, 1721 29th Ave SW, Calgary Alberta, T2T

Monday	Tuesday	Wednesday	Thursday	Friday
For more copies check out theworx.org	To register for a workshop email info@theworx.org			1
4	5 Career Planning: 10:30-3:30pm Supported Job Search: pm,	6 Career Planning: 10:30-3:30pm	7 Land Art: Working Independently and as a Team: 9:30am-12:30pm Introduction to Keyboarding: 1-3pm	8
11 Resume and Cover Letters: 10-3:00pm	12 Supported Job Search: pm	13	14 Empowerment-Strategies for Life: 9-12:00pm Watercolor, Stress Management, Communication: 9:30am-12:30pm Introduction to the Internet: 1-3pm	15
18 Job Search: 10-12pm	19 Job Search: 10-3:00pm Supported Job Search: pm	20 Resume and Cover Letters: 10-3:00pm	21 Empowerment-The Power of Intention: 9-12:00pm Art Book Making, Stress Management and Communication 2 of 2: 9:30am-12:30pm Introduction to Social Media: 1-3pm	22
25 Interviewing: 10-3:00pm	26 Interviewing: 10-3:00pm Supported Job Search: pm	27 Interviewing: 10-12pm	28 Empowerment-Aligning Mind, Behaviors, and Emotions: 9-12:00pm Creative Problem Solving Related to Employment Goals: 9:30am-12:30pm Social Media and Privacy: 1-3pm	

Prospect Workshops September 2017

Strategies for Life

Overtime each one of us is able to rely on personal strategies that support us as individuals... in this module I would like to include powerful strategies in learning about potential, changing the energy of dysfunctional memories, changing participant's personal beliefs about themselves that can change their disposition to their journey.

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!

Mind, Behaviors and Emotions

The intent of this module is to understand the internal conversation that we carry in our mind. It is estimated that we have approximately 60,000 thoughts a day!

Career Planning

In this workshop series, delivered in 10 hrs over 3 days, you will access online and paper assessments to help you to identify the skills that make you an excellent candidate for your next position! You will also learn how to effectively research your career options and make informed decisions on the next stop in the career journey.

Resume & Cover Letters

Class time includes 8 hours over 2 days during which clients will learn how to read a job posting to mirror and target their documents for greater success. Clients will be spending a great deal of time on Microsoft Word, as well as online. Please bring a copy of your current resume and cover letter (if you have them) on a memory stick.

Job Search Strategies

This class will help you to tell the difference between a good posting and too good to be true scam. Class time will include 6 hours over 2 days where participants will be online exploring job search engines and evaluating their opportunities.

Interviewing Skills

This class is offered in 5 sessions of 2 hours each over 3 days where participants will engage in highly interactive and fun interviewing practice sessions, leading to a mock interview and feedback session with interviewing experts.

Introduction to Keyboarding

Use free online tutorials to learn basic keyboarding (typing) skills and improve speed, accuracy and focus.

Introduction the Internet

Learn about search engines and how to search using basic keywords and search functions.

Introduction to Social Media

This program will introduce popular social media networking sites and explore the basics of social media.

Social Media and Privacy

The goal of this course is to introduce common threats or concerns users may encounter while using social media.

STUDIO C -ESSENTIAL SKILLS - HELD AT STUDIO C #235, 1721 29TH AVE SW, CALGARY ALBERTA

Land Art, Working Independently and as a Team

Using the medium of Land Art, you will go out into nature (close by the art studio) and creatively explore both independently and collaboratively.

Watercolour Stress Management and Communication & Time Management

Work on mindfulness and stress management by experimenting with watercolour painting!

Art of Book Making and Creative Journaling – Stress Management and Communication

Continuing to work on mindfulness and stress management, you will learn how to make your own art book. Then, through painting, drawing, writing, and collage, you will also do some creative journaling!

Mixed Materials - Creative Problem Solving Related to Employment Goals

Join this guided experiential workshop where you will choose from a variety of selected materials, including paint, drawing materials, and sculptural materials.

Creative Problem Solving Related to Employment Goals

Join this guided experiential workshop where you will choose from a variety of selected materials, including paint, drawing materials, and sculptural materials. You will practice working on the essential skill of problem solving to gain some insight into your employment journey.