

Prospect Workshops, February 2018

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*

Monday	Tuesday	Wednesday	Thursday	Friday
For more copies check out theworx.org	To register for a workshop email info@theworx.org		1 Stress Management and Teamwork - Oil Pastels and Painting: 9:30–12:30pm	2 Interviewing: 10–12:00/1-3:00pm
5	6	7 Job Targets and Transferrable Skills: 9–12:00pm	8 Empowerment–Changing Habits: 9–12:00pm Assertive Communication - Creative Writing: 9:30–12:30pm	9 Interviewing: 10–12:00/1-3:00pm
12 Job Targets and Transferrable Skills: 12:30–3:30pm	13 Resume and Cover Letters: 10–2:30pm	14 *Empowerment– Negative Emotions: Understanding and Managing Anxiety: 9–12:00pm Disclosure: 10–12:00 pm	15 Empowerment– Strategies for Life: 9–12:00pm Time Management – Black & White Pinhole Photography: 9:30–12:30pm	16 Interviewing: 10–12:00/1-3:00pm
19 Prospect is closed	20 Resume and Cover Letters: 10–2:30pm	21 Job Search: 1–3:00 pm	22 Empowerment– The Power of Intention: 9–12:00pm Self-Compassion and Stress Management – Mindfulness and Mixed Materials: 9:30–12:30pm	23 Interviewing: 10–12:00/1-3:00pm
26 Job Targets and Transferrable Skills: 9–12:00pm	27	28		

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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 – Negative Emotions, Understanding and Managing Anxiety:

This interactive workshop is geared for *participants that have attended at least two modules* of Thursday's discussions with Dr. Estay. Participants will learn breathing strategies and visualization to counteract negative emotions and managing anxiety. Participants will learn specific strategies and will learn the theory and research behind managing Negative Emotions.

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 (e.g. I am weak, I can never stick to something, I have no motivation, I am lazy, I have the genetics for addictions....etc.)

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!

Job Targets and Transferrable Skills: Uncertain about what you can and want to do for a job now? This workshop introduces you to some powerful tools to help you decide.

Resume & Cover Letters:

During this class, clients will learn how to read a job posting and 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 workshop will help you to tell the difference between a good posting and one that is too good to be true. Participants will be online exploring jobs.

Interviewing Skills:

In this class participants will engage in highly interactive and fun interviewing practice sessions in the morning, leading to a mock interview in the afternoon.

Disclosure:

Tips and strategies for disclosing your disability in the interview and workplace.

Stress Management and Teamwork - Oil Pastels and Painting:

Work on mindfulness and stress management by individually drawing with oil pastels and then collaboratively painting a group artwork! There will be a group discussion at the end of the workshop surrounding stress management and teamwork related to the employment journey.

Assertive Communication - Creative Writing:

Join this guided experiential workshop, where you will practice assertive communication through engaging in some creative writing acknowledging the emotions you experience as part of your employment journey. As the workshop closes, you will have an opportunity to share your writing in a group dynamic.

Time Management – Black & White Pinhole Photography:

As you go on an urban winter wonderland walk (pending weather), you will experiment with black and white pinhole photography and practice time management.

Self-Compassion and Stress Management – Mindfulness and Mixed Materials:

Learn to practice mindfulness and self-compassion as you are guided through a meditation that will lead to a creative activity. At the end of the workshop there will be a group discussion about the value of stress management and self-compassion within the workplace.