

Prospect Workshops, January 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
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8 Interviewing: 10–3:00pm	9 Resume and Cover Letters: 10–2:30pm	10 *Empowerment– Negative Emotions: Understanding and Managing Anxiety: 9–12:00pm	11 Empowerment–Strategies for Life: 9–12:00pm Time Management & Teamwork, Clay: 9:30–12:30pm	12 Interviewing: 10–3:00pm
15 Job Targets and Transferrable Skills: 10–3:00pm	16 Resume and Cover Letters: 10–2:30pm	17 Job Search: 10–12:00 pm	18 Empowerment–The Power of Intention: 9–12:00pm Assertive Communication - Collage and Creative Writing: 9:30–12:30pm	19
22 Interviewing: 10–3:00pm	23 Resume and Cover Letters: 10–2:30pm	24 Interviewing: 10–3:00pm	25 Empowerment– Aligning Mind, Behaviors, and Emotions: 9–12:00pm Communication (Active Listening), Time Management, and Teamwork – Choice of Painting, Drawing, or Sculpting: 9:30–12:30pm	26
29 Job Targets and Transferrable Skills: 10–3:00pm	30 Resume and Cover Letters: 10–2:30pm	31 Disclosure: 10–12:00 pm		

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*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.

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!

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, leading to a mock interview.

Disclosure:

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

Stress Management and Assertive 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 surrounding stress management and communication within the employment journey.

Time Management & Teamwork – Clay:

Begin experimenting with clay independently and then, using time management, come together and practice teamwork skills and create a large group sculpture!

Assertive Communication -Collage and Creative Writing:

Join this guided experiential workshop where you will be able to discuss and practice assertive communication and complete your very own collage. There will be some creative writing and a final opportunity to practice assertive communication in a group dynamic, an important skill to have in the workplace.

Communication (Active Listening), Time Management, and Teamwork – Choice of Painting, Drawing, or Sculpting

You will work together and get some fresh air outdoors or go for a walk in and around the arts building (pending weather) to practice communication and time management. Teams will head back into the studio to individually create an artwork based off of a prompt.