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Respect
Independence
Self-determination
Integration
Empowerment

Skills Unlimited

Spring 2024



Goal Garden: Plant & Tend with Care



Spring is commonly associated with new growth, sowing seeds, and clearing the way for coming seasons. This makes spring the perfect time of year to reset our approach to self-care and self-talk, or check in with our habits and routine to refresh our approach. The most effective approach to self-care and growth is to go easy with ourselves with a gentle, kind, and loving attitude: radical acceptance will help a lot here!

When we attend to the new growth of plants, babies, and animals we usually adopt an extremely careful, strategic, and most of all gentle and accommodating attitude and presentation. We tend to the budding new life in the way it needs us to. We accommodate the needs of this tender being and even prioritize those needs over our own, as this is often necessary for that new life to survive and flourish. Some of the ways we do this:

- ❖ We go out of our way to provide the specific environment and nourishment required.
- ❖ We take classes to improve our skills and learn best practices.
- ❖ We collaborate and learn recommended techniques from more experienced people and experts.
- ❖ We observe carefully to see what works and what doesn't and illicit feedback when possible.
- ❖ We track our progress and pitfalls and use that information to adjust our approach and try new things.
- ❖ We learn to anticipate and be proactive, and develop the ability to be spontaneous with our troubleshooting in the moment.
- ❖ We relish in the satisfaction and joy of the growth we have cultivated and nurtured and celebrate every milestone with enthusiasm.
 - Get curious: what might happen if you consistently applied even some of these behaviours to your self-care and self-talk? Spring is the perfect time to do an experiment and observe growth!
- ❖ Jot down some notes in your journal or wherever it's convenient, both before the experiment starts and every week for a check in. Note how you feel, challenges, and the successes you create.
- ❖ Do you feel any different as you move along, adjusting your method and point of view?
- ❖ You may even want to plant a seed in a small pot and place it in a sunny spot in your home to act as a visual touchstone to remind you of your intent. As you care for the plant, consider how you can apply the same love, care, attention, and resources to yourself and then do it! If you have the space feel free to place the pot outside, or transplant it, once summer arrives.

If you decide to do a 'Plant with Care Experiment', please share your journey with your peers, ETS and staff at steps2work so we can support and encourage you, and even learn from you. By sharing with us, you will also build leadership and mentoring skills by modelling an effective approach and sharing your experience. Bonus: you'll be creating and growing social skills and rapport, and deepening connection with all of us as well!



Community Financial Counselling Services



CFCS offers low-income individuals free services for filing taxes, budgeting and more.

→ If you haven't used their services, it would be worth having them do your taxes at least once, as they specialize in ensuring that individuals are receiving all the benefits and tax breaks that they are entitled to.

CFCS can help you access:

- ❖ Disability Tax Credit (DTC)
- ❖ If you qualify for the DTC, CFCS can help you access Registered Disability Saving Plans. Once you've been approved for a plan, the federal government can contribute to your savings through disability bonds and grants.
- ❖ Canada Manitoba Housing Benefit (CMHB) Youth Stream for individuals aged 17 – 26.
- ❖ & more!

Give them a call at: 204-989-1913, or check them out on the web at: cfcstaxes.com



Shout Out!



To our **Board of Directors, The College of Registered Psychiatric Nurses of Manitoba,** and the members of **HeartSpace Yoga** for your generous donations of hygiene supplies and warm winter accessories. These items were used in prize packs for our virtual Let's Make a Deal game at our Winter Event. Our participants were thrilled with the prizes, and expressed gratitude for supporting their self-care and wellness.

From the team here at steps2work: Thanks for supporting our work with your essential contributions that made our 'Winter Event: Let's Make a Deal' in 2023 a success!



Confidence Boost Spring Reset



The following list was compiled from the video linked below, where Dr. Matt Townsend (expert in communication, conflict resolution, life, and leadership) talks about boosting confidence with a spring time reset, in order to set yourself up for success throughout the year.

Here's a list of his recommended steps to spring you into a year of new experiences and growth that moves you closer to your goals:

- ❖ **Don't just expect a nest. Start gathering straw:** make small steps and changes to work up to bigger accomplishments and goals. Do one little thing each day that leads to the next thing. Small steps and value the journey!
- ❖ **Look for buds not blossoms:** if we only look for the big accomplishments, we miss the tiny signs of things that are working. Find your 3: look for 3 small things every day that indicate progress towards what you want.
- ❖ **Face fears:** recognize the fear, accept it as normal, and do it anyway to fulfil your values. Identify 2 – 3 values that you're going to use to override fear.
- ❖ **Accept flaws:** let your flaws be part of the process: flaws and mistakes are just another chance to grow, and improve skills as well.
- ❖ **Live to gain experience:** all of life is meant to be experience! Good, bad, indifferent, it's all experience that adds value to our life and empowers us to bring more value into next experiences.
- ❖ **See today as a bonus day:** what might happen if you looked at each day like a free life in a video game? Thinking of each day as a free day can take the pressure off and allow us to experiment, learn, and most importantly have fun!

<https://studio5.ksl.com/spring-reset-boost-self-confidence-season/>



Spring into Job Search



Spring is a great time for cleaning, organizing, and implementing new habits and routines. Whether you are planning to start job searching or you're already applying, spring is an ideal time to consider ways to make yourself stand out in the crowd of applications. There are many advantages to job searching in spring: from an increase in job openings to better weather for networking and interviewing, from the seasonal renewal of energy and motivation to the opportunity to start fresh, spring offers job seekers the upper hand. Here are some ways to grab a hold of that hand and run with it:

- ❖ **How much time will you spend on job search each week?** The ideal amount of time to job search each week is the same as the number of hours you plan to spend working. 20-30hrs a week for part-time, and 30-40hrs a week for full time. Start smaller and add time each week until you've reached your goal.
- ❖ **What tools and resources will you use for job search?** At the bare minimum, you will need a resume and cover letter to customize for each application, as well as a professional email and voicemail set up and ready to go
- ❖ **Are your documents and tools updated and ready to use?** If you plan to post your resume on a job search board or LinkedIn, then you will need to create a profile if you don't already have one, and set a regular schedule to check in and update. Once or twice a month while job searching is best, and it's also recommended that you update these profiles regularly while you are working.
- ❖ **Do you have a system in place for organizing your job search?** If not, consider tools and approaches that worked for you in the past, and/or talk to your ETS about different ways to organize and schedule.
- ❖ **Are you practicing interview skills?** Interview skills can be practiced formally in mock interviews, and informally by strategically engaging with others in both professional and casual settings. At the steps2work office, and during workshops and activities participants have constant opportunities to socialize and build distress tolerance while interacting with staff and peers.
- ❖ **Do you have a system in place to keep you positive or to help boost positivity?** Job searching is an ongoing repetitive and redundant activity that can be quite discouraging. Creating affirmations and vision boards to display in your environment, talking to professionals and other job seekers, proactively preparing when you may want to give up, practicing mindfulness and gratitude, adopting an attitude of curiosity and experimentation, taking breaks and using them well: all of this and more can substantially increase your positivity, mood and energy throughout job search. These are also great tips for life too!



Activities & Events of Interest



First Fridays

Warmer weather makes the perfect conditions to check out First Fridays when Shops, Museums, Galleries, Artist-Run Centres, and Studios stay open late at this monthly free event.

[First Fridays in the Exchange - HOME \(firstfridayswinnipeg.org\)](http://firstfridayswinnipeg.org)

Assiniboine Park Zoo

Animal babies arriving soon! In the spring, the Zoo welcomes new arrivals and the animals become more active, making it the best time to visit.

[Hours & Rates | Assiniboine Park Conservancy](#)

Table Top Gaming

Check out the very reasonably priced table top gaming opportunities in Winnipeg. Many game stores have fantastic rates for gaming and renting tables, and some cafes have games available and/or encourage people to bring games to play. Here are 3 to get you started (many more can be found online):

[Events & Table Reservations \(gameknight.ca\)](http://gameknight.ca)

[Events - A Muse N Games](#)

[Joe Black Coffee Bar - Home](#)

Contact Us:

Give us a call for more information about our programs and services.



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Visit us on the web at:

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- Quarterly Newsletter
- Use of steps2work library
- Invitation to annual Christmas Party (limit of 2 Staff)
- Discounts at steps2work events (Limit of 2 Staff)

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- Quarterly Newsletter
- Use of steps2work library
- Invitation to annual Christmas Party

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