

# November, 2024



**\*Please follow up with your ETS to register for workshops\***

Mon	Tues	Wed	Thurs	Fri
<p>Oct. 28</p> <p>Monday – Friday 9:00am – 3:30pm Job Search Lab is <u>Drop-In</u> <b>(no sign-up required)</b></p> <hr/> <p><b>*M = Monday's Mindful Moment</b> (Mindfulness practice included in workshop.)</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>1</p> <p>10:00am – 10:45am Top 10: De-Cluttering</p> <hr/> <p>9:00am – 3:30pm Job Search Lab</p> <hr/> <p>1:30pm – 2:15pm Top 10: Constructive Criticism</p>
<p>4</p> <p>10:00am – 10:45am Top 10: How to Like Mondays <b>*M</b></p> <hr/> <p>9:00am – 3:30pm Job Search Lab</p> <hr/> <p>1:30pm – 3:30pm Cover Letters</p>	<p>5</p> <p>10:00am – 11:00am Mindful Movement</p> <hr/> <p>9:00am – 3:30pm Job Search Lab</p>	<p>6</p> <p>10:00am – 11:45am Confidence</p> <hr/> <p>9:00am – 3:30pm Job Search Lab</p> <hr/> <p>1:30pm – 3:30pm Personal Hygiene</p>	<p>7</p> <hr/> <p>9:00am – 3:30pm Job Search Lab</p> <hr/> <p>1:30pm – 3:30pm Coffee Club</p>	<p>8</p> <p>10:00am – 10:45am Top 10: Boundaries</p> <hr/> <p>9:00am – 3:30pm Job Search Lab</p> <hr/> <p>1:30pm – 2:15pm Top 10: Values</p>
<p>11</p> <p><b>steps2work Closed for Remembrance Day</b></p>	<p>12</p> <p>10:00am – 11:00am Mindful Movement</p> <hr/> <p>9:00am – 3:30pm Job Search Lab</p>	<p>13</p> <p>10:00am – 10:45am Top 10: Re-Entering the Workforce</p> <hr/> <p>9:00am – 3:30pm Job Search Lab</p> <hr/> <p>1:30pm – 3:30pm Cooking (see poster for details)</p>	<p>14</p> <hr/> <p>9:00am – 3:30pm Job Search Lab</p> <hr/> <p>1:30pm – 3:30pm Coffee Club: Pop Culture Trivia – Disney (see poster for details)</p>	<p>15</p> <p>10:00am – 10:45am Top 10: How to Identify Your Transferable Skills</p> <hr/> <p>9:00am – 3:30pm Job Search Lab</p> <hr/> <p>1:30pm – 2:15pm Top 10: Time Management</p>

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Mon	Tues	Wed	Thurs	Fri
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>10:00am – 10:45am</b> <b>Top 10: Reasons to Stay Positive *M</b>	<b>10:00am – 11:00am</b> <b>Mindful Movement</b>	<b>10:00am – 11:45am</b> <b>Journaling</b> (see poster for details)		<b>10:00am – 10:45am</b> <b>Top 10: Body Language</b>
<b>9:00am – 3:30pm</b> <b>Job Search Lab</b>	<b>9:00am – 3:30pm</b> <b>Job Search Lab</b>	<b>9:00am – 3:30pm</b> <b>Job Search Lab</b>	<b>9:00am – 3:30pm</b> <b>Job Search Lab</b>	<b>9:00am – 3:30pm</b> <b>Job Search Lab</b>
<b>1:30pm – 3:30pm</b> <b>LinkedIn</b>		<b>1:30pm – 2:15pm</b> <b>Top 10: Confidence</b>	<b>1:30pm – 3:30pm</b> <b>Coffee Club</b>	<b>1:30pm – 2:15pm</b> <b>Top 10: Tips to Improve Small Talk</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>10:00am – 10:45am</b> <b>Top 10: Mindfulness in the Workplace *M</b>	<b>10:00am – 11:00am</b> <b>Mindful Movement</b>	<b>10:00am – 10:45am</b> <b>Top 10: S.A.D. (Seasonal Affective Disorder)</b>		<b>10:00am – 10:45am</b> <b>Top 10: Goal Setting Tips</b>
<b>9:00am – 3:30pm</b> <b>Job Search Lab</b>	<b>9:00am – 3:30pm</b> <b>Job Search Lab</b>	<b>9:00am – 3:30pm</b> <b>Job Search Lab</b>	<b>9:00am – 3:30pm</b> <b>Job Search Lab</b>	<b>9:00am – 3:30pm</b> <b>Job Search Lab</b>
<b>1:30pm – 3:30pm</b> <b>Workplace Health &amp; Safety</b>		<b>1:30pm – 3:30pm</b> <b>Resilience: Exploring Indigenous Perspectives Through Art</b> (see poster for details)	<b>1:30pm – 3:30pm</b> <b>Coffee Club: Holiday Cards &amp; Gift Tags Craft</b>	<b>1:30pm – 2:15pm</b> <b>Top 10: Being Stress Free in the Workplace</b>

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