

January, 2025



Please follow up with your ETS to register for workshops

Mon	Tues	Wed	Thurs	Fri
<p style="text-align: right;">Dec. 30</p> <p>Monday – Friday 9:00am – 3:30pm Job Search Lab is <u>Drop-In</u> (no sign-up required)</p>	<p style="text-align: right;">31</p> <p>*M = Monday’s Mindful Moment (Mindfulness practice included in workshop.)</p>	<p style="text-align: right;">1</p>	<p style="text-align: right;">2</p> <p>steps2work program & services resume.</p>	<p style="text-align: right;">3</p> <p>10:00am – 10:45am Top 10: Attitudes of Mindfulness</p>
<p>steps2work closed for winter break →</p>	<p style="text-align: center;">→</p>	<p style="text-align: center;">→</p>	<p>9:00am – 3:30pm Job Search Lab</p> <p>1:30pm – 3:30pm Coffee Club: Mindful Explorative Doodling (see poster for details)</p>	<p>9:00am – 3:30pm Job Search Lab</p> <p>1:30pm – 2:15pm Top 12: Professionalism Dos & Don’ts</p>
<p style="text-align: right;">6</p> <p>10:00am – 10:45am Top 10: Better Communication *M (in All of Your Relationships)</p>	<p style="text-align: right;">7</p> <p>10:00am – 11:00am Mindful Movement</p>	<p style="text-align: right;">8</p> <p>10:00am – 10:45am Top 10: Professional Workplace Etiquette</p>	<p style="text-align: right;">9</p>	<p style="text-align: right;">10</p> <p>10:00am – 10:45am Top 10: Difference Makers</p>
<p>9:00am – 3:30pm Job Search Lab</p> <p>1:30pm – 3:30pm Basic Interview Skills</p>	<p>9:00am – 3:30pm Job Search Lab</p>	<p>9:00am – 3:30pm Job Search Lab</p> <p>1:30pm – 3:30pm Cooking with Soup: Homemade ‘Hamburger Helper’ (see poster for details)</p>	<p>9:00am – 3:30pm Job Search Lab</p> <p>1:30pm – 3:30pm Coffee Club</p>	<p>9:00am – 3:30pm Job Search Lab</p> <p>1:30pm – 2:15pm Top 10: Dress for Success</p>
<p style="text-align: right;">13</p> <p>10:00am – 10:45am Top 10: Protecting Your Mental Health *M</p>	<p style="text-align: right;">14</p> <p>10:00am – 11:00am Mindful Movement</p>	<p style="text-align: right;">15</p> <p>10:00am – 11:45am 18 Common Interview Questions & How to Answer Them</p>	<p style="text-align: right;">16</p>	<p style="text-align: right;">17</p> <p>10:00am – 10:45am Top 10: Professional Meeting Etiquette</p>
<p>9:00am – 3:30pm Job Search Lab</p> <p>1:30pm – 3:30pm Advanced Interview Skills</p>	<p>9:00am – 3:30pm Job Search Lab</p>	<p>9:00am – 3:30pm Job Search Lab</p> <p>1:30pm – 2:15pm Top 10: Successful Behaviour Change</p>	<p>9:00am – 3:30pm Job Search Lab</p> <p>1:30pm – 3:30pm Coffee Club</p>	<p>9:00am – 3:30pm Job Search Lab</p> <p>1:30pm – 2:15pm Top 10: Following Up After an Interview</p>

January, 2025



Please follow up with your ETS to register for workshops

Mon	Tues	Wed	Thurs	Fri
20	21	22	23	24
10:00am – 10:45am Top 9: Attitudes of Mindfulness *M	10:00am – 11:00am Mindful Movement	10:00am – 11:45am Email Tools, Apps, & Etiquette		10:00am – 10:45am Top 10: Finding a New Job
9:00am – 3:30pm Job Search Lab	9:00am – 3:30pm Job Search Lab	9:00am – 3:30pm Job Search Lab	9:00am – 3:30pm Job Search Lab	9:00am – 3:30pm Job Search Lab
1:30pm – 3:30pm Guest Presenter: Budget Friendly Nutrition & Wellness		1:30pm – 2:15pm Top 10: Sleep Hygiene	1:30pm – 3:30pm Coffee Club	1:30pm – 2:15pm Top 10: Achieving Your Goals
27	28	29	30	31
10:00am – 10:45am Top 10: Stress Busters *M	10:00am – 11:00am Mindful Movement	10:00am – 10:45am Top 10: Professionalism Dos & Don'ts		10:00am – 10:45am Top 10: Resume Tips
9:00am – 3:30pm Job Search Lab	9:00am – 3:30pm Job Search Lab	9:00am – 3:30pm Job Search Lab	9:00am – 3:30pm Job Search Lab	9:00am – 3:30pm Job Search Lab
1:30pm – 3:30pm Talk Shop		1:30pm – 3:30pm Indigenous Wellness Series: Medicine Wheel Drawing (see poster for details)	1:30pm – 3:30pm Coffee Club: Pop Culture Trivia Movie Taglines (see poster for details)	1:30pm – 2:15pm Top 10: Tracking Successes