

February, 2025



Please follow up with your ETS to register for workshops

Mon	Tues	Wed	Thurs	Fri
3	4	5	6	7
10:00am – 10:45am Top 10: Benefits of Mindfulness *M	10:00am – 11:00am Mindful Movement	10:00am – 11:45am Conflict Management		10:00am – 10:45am Top 10: How to Identify Your Transferable Skills
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 Elevator Speech		1:30pm – 2:15pm Top 10: Excelling at Work	1:30pm – 3:30pm Coffee Club	1:30pm – 2:15pm Top 10: De-Cluttering
10	11	12	13	14
10:00am – 10:45am Top 10: How to Like Mondays *M	10:00am – 11:00am Mindful Movement	10:00am – 10:45am Top 10: Dealing with a Difficult Person at Work		10:00am – 10:45am Top 10: Ways to Self-Care
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 Cover Letters		1:30pm – 3:30pm Anger Management	1:00pm – 3:00pm Self-Care Day (see poster for details)	1:30pm – 2:15pm Top 10: Boundaries
17	18	19	20	21
Steps2work closed for Louis Riel Day	10:00am – 11:00am Mindful Movement	10:00am – 11:45am Indeed		10:00am – 10:45am Top 10: Reasons to Volunteer
	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 – 2:15pm Top 10: Resume Tips	1:30pm – 3:30pm Coffee Club	1:30pm – 2:15pm Top 10: Values

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Mon	Tues	Wed	Thurs	Fri
24	25	26	27	28
10:00am – 10:45am Top 10: Mindfulness in the Workplace *M	10:00am – 11:00am Mindful Movement	10:00am – 10:45am Top 10: Best Jobs of the Future		10:00am – 10:45am Top 10: Dress for Success
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 Job Search: Part 1		1:10pm – 2:30pm Indigenous Wellness Series: Winnipeg Art Gallery Field Trip (see poster for details)	1:30pm – 3:30pm Coffee Club: Movie Time (see poster for details)	
March 3	4	5	6	7
Monday – Friday 9:00am – 3:30pm Job Search Lab is <u>Drop-In</u> (no sign-up required)				
*M = Monday's Mindful Moment (Mindfulness practice included in workshop.)				

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