

# March, 2025



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

Mon	Tues	Wed	Thurs	Fri
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
	<b>10:00pm – 11:00pm Mindful Movement</b>		<b>10:00am – 10:45am Top 20: Transferable Skills</b>	<b>10:00am – 10:45am Top 10: Professional Voicemail &amp; Email</b>
<b>9:00am – 3:30pm Job Search Lab</b>	<b>9:00am – 3:30pm Job Search Lab</b>	<b>9:00am – 3:30pm Job Search Lab</b>	<b>9:00am – 3:30pm Job Search Lab</b>	<b>9:00am – 3:30pm Job Search Lab</b>
<b>1:30pm – 2:15pm Top 10: S.M.A.R.T. Stop</b>		<b>1:30pm – 2:15pm Top 10: Body Language</b>		
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	<b>10:00pm – 11:00pm Mindful Movement</b>	<b>10:00am – 11:45am Self-Compassion</b>	<b>10:00am – 12:00pm DnD (see poster for details)</b>	<b>10:00am – 10:45am Top 10: Time Management</b>
<b>9:00am – 3:30pm Job Search Lab</b>	<b>9:00am – 3:30pm Job Search Lab</b>	<b>9:00am – 3:30pm Job Search Lab</b>	<b>9:00am – 3:30pm Job Search Lab</b>	<b>9:00am – 3:30pm Job Search Lab</b>
<b>1:30pm – 2:15pm Top 10: Effective Communication</b>		<b>1:30pm – 2:15pm Top 10: Balancing Work &amp; Life</b>	<b>1:00pm – 3:00pm DnD</b>	<b>1:30pm – 2:15pm Top 10: Professional Meeting Etiquette</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>10:00am – 10:45am Top 10: Dealing with Anxiety *M</b>	<b>10:00pm – 11:00pm Mindful Movement</b>	<b>10:00am – 11:45am Resume Development</b>		<b>10:00am – 10:45am Top 10: Re-Entering the Workforce</b>
<b>9:00am – 3:30pm Job Search Lab</b>	<b>9:00am – 3:30pm Job Search Lab</b>	<b>9:00am – 3:30pm Job Search Lab</b>	<b>9:00am – 3:30pm Job Search Lab</b>	<b>9:00am – 3:30pm Job Search Lab</b>
<b>1:30pm – 3:30pm Job Search Part 2</b>		<b>1:30pm – 2:15pm Top 10: Following Up After an Interview</b>	<b>1:30pm – 3:30pm Coffee Club: Exploring Indigenous Wellness Practices (see poster for details)</b>	<b>1:30pm – 2:15pm Top 10: Basic Money Management</b>

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Mon	Tues	Wed	Thurs	Fri
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>10:00am – 10:45am</b> <b>Top 10: A Mindful Minute *M</b>	<b>10:00pm – 11:00pm</b> <b>Mindful Movement</b>	<b>10:00am – 10:45am</b> <b>Top 10: Indeed</b>		<b>10:00am – 10:45am</b> <b>Top 10: Constructive Criticism</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>Personal Hygiene in the Workplace</b>		<b>1:30pm – 3:30pm</b> <b>Talk Shop</b> (see poster for details)	<b>1:30pm – 3:30pm</b> <b>Coffee Club: Process Art – Purge Journaling</b> (see poster for details)	<b>1:30pm – 2:15pm</b> <b>Top 10: References</b>
<b>31</b>	<b>April 1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>10:00am – 10:45am</b> <b>Top 10: Successful Behaviour Change *M</b>				<b>Monday – Friday</b> <b>9:00am – 3:30pm</b> Job Search Lab is <u>Drop-In</u> <b>(no sign-up required)</b>
<b>9:00am – 3:30pm</b> <b>Job Search Lab</b>				
<b>1:30pm – 3:30pm</b> <b>Hidden Job Market</b>				<b>*M = Monday's Mindful Moment</b> (Mindfulness practice included in workshop.)

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