

April, 2025



Please follow up with your ETS to register for workshops

Mon	Tues	Wed	Thurs	Fri
March 31 Monday – Friday 9:00am – 3:30pm Job Search Lab is <u>Drop-In</u> (no sign-up required)	1 10:00am – 11:00am Mindful Movement	2 10:00am – 11:45am Workplace Health & Safety	3	4 10:00am – 11:45am Top 10: Disabilities Disclosure
	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
*M = Monday's Mindful Moment (Mindfulness practice included in workshop.)		1:30pm – 2:15pm Top 10: Daily Habits for Positive Change	1:30pm – 3:30pm Coffee Club	1:30pm – 2:15pm Top 10: Tips to Improve Small Talk
7 10:00am – 10:45am Top 10: Start Your Day Right *M	8 10:00am – 11:00am Mindful Movement	9 10:00am – 10:45am Top 10: How to be a Good Employee	10	11 10:00am – 10:45am Top 10: Resume Mistakes to Avoid
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 Healthy Living	1:30pm – 3:30pm Coffee Club: Vision Boards (see poster for details)	1:30pm – 2:15pm Top 10: Attitudes of Mindfulness
14 10:00am – 10:45am Top 10: Being Mindful Everyday *M	15 10:00am – 11:00am Mindful Movement	16 10:00am – 11:45am Talk Shop (see poster for details)	17	steps2work closed For Good Friday
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: Professional Voicemail & Email	1:30pm – 3:30pm Coffee Club	

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Mon	Tues	Wed	Thurs	Fri
<div>21</div> <div>steps2work closed For Easter Monday</div>	<div>22</div> <div>10:00am – 11:00am Mindful Movement</div> <div>9:00am – 3:30pm Job Search Lab</div>	<div>23</div> <div>10:00am – 10:45am Top 10: First Impressions</div> <div>9:00am – 3:30pm Job Search Lab</div> <div>1:30pm – 3:30pm Assertiveness</div>	<div>24</div> <div>9:00am – 3:30pm Job Search Lab</div> <div>1:30pm – 3:30pm Coffee Club: Picture Reveal – Heroes & Villains (see poster for details)</div>	<div>25</div> <div>10:00am – 10:45am Top 10: De-Cluttering</div> <div>9:00am – 3:30pm Job Search Lab</div> <div>1:30pm – 2:15pm Top 10: Being Stress Free in the Workplace</div>
<div>28</div> <div>10:00am – 10:45am Top 10: Confidence *M</div> <div>9:00am – 3:30pm Job Search Lab</div> <div>1:30pm – 3:30pm Conflict Resolution</div>	<div>29</div> <div>10:00am – 11:00am Mindful Movement</div> <div>9:00am – 3:30pm Job Search Lab</div>	<div>30</div> <div>10:00am – 11:45am Professionalism</div> <div>9:00am – 3:30pm Job Search Lab</div> <div>1:30pm – 2:15pm Top 10: Questions to Ask an Interviewer</div>	<div>May 1</div>	<div>May 2</div>

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