

May, 2025



Please follow up with your ETS to register for workshops

Mon	Tues	Wed	Thurs	Fri
April 28 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.)	29	30	1	2 10:00am – 10:45am Top 10: Conflict Management 9:00am – 3:30pm Job Search Lab 1:30pm – 2:15pm Top 10: Identifying Your Transferable Skills
5 10:00am – 10:45am Top 10: Benefits of Mindfulness *M	6 10:00am – 11:00am Mindful Movement	7 10:00am – 10:45am Top 10: Following Up After Applying	8 10:00am – 12:00pm DnD (see poster for details)	9 10:00am – 10:45am Top 10: Dealing with Difficult Person at Work
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 Self-Marketing		1:30pm – 3:30pm Program Your Mind for Success	1:00pm – 3:00pm DnD	1:30pm – 2:15pm Top 10: Values
12 10:00am – 10:45am Top 10: How to Like Mondays *M	13 10:00am – 11:00am Mindful Movement	14 10:00am – 11:45am Stress Management	15	16 10:00am – 10:45am Top 10: Boundaries
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 – 2:15pm Top 10: Reasons to Volunteer	1:30pm – 3:30pm Coffee Club	1:30pm – 2:15pm Top 10: Dress for Success

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Mon	Tues	Wed	Thurs	Fri
19	20	21	22	23
Steps2work closed for Victoria Day	10:00am – 11:00am Mindful Movement	10:00am – 10:45am Top 10: Motivation		10:00am – 10:45am Top 10: Staying Motivated at Work
	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 18 Common Interview Questions & How to Answer them	1:30pm – 3:30pm Coffee Club: Bingo (see poster for details)	1:30pm – 2:15pm Top 10: Best Jobs of the Future
26	27	28	29	30
10:00am – 10:45am Top 10: A Mindful Minute *M	10:00am – 11:00am Mindful Movement	10:00am – 11:45am Anger Management		10:00am – 10:45am Top 10: Starting 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 Resume Development		1:30pm – 2:15pm Top 10: Indeed	1:30pm – 3:30pm Coffee Club	1:30pm – 2:15pm Top 10: S.M.A.R.T Stop

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