

June, 2025



Please follow up with your ETS to register for workshops

Mon	Tues	Wed	Thurs	Fri
2 10:00am – 10:45am Top 10: Stress Busters *M	3 10:00am – 11:00am Mindful Movement	4 10:00am – 11:45am Effective Communication	5	6 10:00am – 10:45am Top 20: 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 Interview Skills: Part 1		1:30pm – 2:15pm Top 10: Body Language	1:30pm – 3:30pm Coffee Club: Herb Container Garden (see poster for details)	1:30pm – 2:15pm Top 10: Professional Voicemail & Email
9 10:00am – 10:45am Top 10: Dealing with Anxiety *M	10 10:00am – 11:00am Mindful Movement	11 10:00am – 10:45am Top 10: Balancing Work & Life	12 10:00am – 12:00pm DnD (See poster for details)	13 10:00am – 10:45am Top 10: Time Management
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 Interview Skills: Part 2		1:30pm – 3:30pm Confidence	1:00pm – 3:00pm DnD	1:30pm – 2:15pm Top 10: Professional Meeting Etiquette
16 10:00am – 10:45am Top 10: Basic Money Management *M	17 10:00am – 11:00am Mindful Movement	18 10:00am – 10:45am Top 10: Resume Tips	19 11:00am – 1:00pm Coffee Club: Field Trip - Louis Riel House (See poster for details)	20 10:00am – 10:45am Top 10: Re-Entering the Workforce
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 Personal Hygiene in the Workplace		1:30pm – 2:15pm Top 10: Following Up After an Interview		1:30pm – 2:15pm Top 10: How to Make Friends

Please email your registration to your ETS

June, 2025



Please follow up with your ETS to register for workshops

Mon	Tues	Wed	Thurs	Fri
23 steps2work closed in lieu of National Indigenous Peoples Day	24 10:00am – 11:00am Mindful Movement 9:00am – 3:30pm Job Search Lab	25 10:00am – 10:45am Top 10: Indeed 9:00am – 3:30pm Job Search Lab 1:30pm – 3:30pm Values	26 9:00am – 3:30pm Job Search Lab 1:30pm – 3:30pm Coffee Club	27 10:00am – 10:45am Top 10: Mistakes to Avoid on LinkedIn 9:00am – 3:30pm Job Search Lab 1:30pm – 2:15pm Top 10: Responding Assertively
30 10:00am – 10:45am Top 10: Successful Behaviour Change *M 9:00am – 3:30pm Job Search Lab 1:30pm – 3:30pm Talk Shop (see poster for details)	July 1	2 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.)	3	4

Please email your registration to your ETS