

April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Mindful Approach to Stress Management 1:00 - 3:00	2
5	6 Second Career Information Session 10:00 - 12:00	7 Targeting your Cover Letter & Resume 9:30 - 11:30	8 LinkedIn and the Importance of Digital Literacy for your Job Search 10:00 - 12:00 Mindful Approach to Stress Management 1:00 - 3:00	9
12	13 Considering College 10:00 - 11:00	14 Proactive Job Search Strategies 9:30 - 11:30	15 Mindful Approach to Stress Management 1:00 - 3:00	16
19	20 Halton Police Crime Prevention and Info Session 1:00 - 2:00	21 Interviews to Impress 9:30 - 12:00	22 Virtual Interview Tactics: How to use Zoom and Microsoft Teams like a Pro 10:00 - 11:00 Mindful Approach to Stress Management 1:00 - 3:00	23
26	27	28 Farm Boy Hiring Event 9:00 - 12:00	29 Mindful Approach to Stress Management 1:00 - 3:00	30

If you would like to attend, please call 905-825-6000 ext. 2777 or email employmentservices@halton.ca or contact your Employment Specialist or click on the link in description to register.

You will need Zoom to attend the following workshops. If you would like to know more about Zoom please click [here](#). Phone in option also available.

Workshop	Description	Date
Mindful Approach to Stress Management	This virtual workshop would benefit anyone struggling with loneliness, isolation, motivation and having trouble coping with stress at work or at home. It has been developed on the principles of Mindfulness and Cognitive Behavioural Therapy and focuses on identifying, understanding and changing thinking and behaviour patterns that help change the way you feel. Click here to register.	April 1, 8, 15, 22, & 29 1:00 - 3:00pm
Second Career	This virtual seminar will provide you with information on the Second Career program. Have you been recently laid-off are currently unemployed and are thinking of a training or skills development program to find a job in an in-demand industry? If so this workshop may be for you! Click here to register	April 6 10:00am - 12:00pm
Targeting your Cover Letter and Resume	This virtual workshop will teach you how to target your cover letter and resume to specific jobs in a step-by-step job application process. Click here to register.	April 7 9:30 - 11:30am
LinkedIn and the Importance of Digital Literacy for your Job Search	This virtual workshop will help you understand the basics about today's digital landscape and how LinkedIn and other social media platforms play an important role as personal brand marketing and job search tools. We will discuss the significance of a person's online presence in a globalized digital economy; highlight best practices for representing yourself on LinkedIn and in Zoom interviews, and take note of the soft skills and lifelong learning approaches one can employ to continuously grow as a professional in the information age. Click here to register.	April 8 10:00am - 12:00pm
Considering College	This virtual workshop will review college level training as an option and what you need to get there. Learn what options are available to help pay for college and explore resources. Click here to register.	April 13 10:00 - 11:00am
Proactive Job Search Strategies	This virtual workshop will teach you about job search strategies including the hidden job market, social media, email and online job applications, networking, cold calling and informational interviews. Click here to register.	April 14 9:30 - 11:30am
Halton Police Crime Prevention and Info Session	This virtual workshop will provide insight to how trusting relationships are being built between first responders and the broader community. It will also focus on Emergency Services for new Canadians, crime prevention and personal protection, common frauds/scams, traffic safety and traffic laws. Click here to register	April 20 1:00 - 2:00pm
Interviews to Impress	First impressions count! This virtual workshop will teach you how to practice the skills needed to make a lasting impression at your next interview and how to answer challenging questions. Click here to register.	April 21 9:30am - 12:00pm
Virtual Interview Tactics: How to use Zoom and Microsoft Teams like a Pro	Virtual interviews conducted over Zoom and Microsoft Teams are common today, making your comfort and confidence using these professional communication tools important. Join us for a workshop designed to help participants master the basics of using Zoom and Microsoft Teams from their own device, whether it be a computer, tablet, or smartphone. Hosted via a Zoom, our mission is to guide participants towards knowing how to control these applications, how to set up personal devices for the best video call experience, and what to do to look and sound professional while on-screen. Click here to register.	April 22 10:00 - 11:00am
Farm Boy Hiring Event	Farm Boy, Ontario's fastest growing fresh food retailer, will bring its popular fresh-market shopping experience to our new store in Bronte located at 2441 Lakeshore Rd. West, Bronte ON, L6L 5V5. We will be hiring employees (full time, part time and casual) for all departments (Produce, Grocery, Meat/Seafood, Chef, Deli/Cheese, Bakery and Service). Please visit farmboy.ca/careers for detailed job descriptions. Email JEservices@halton.ca or call 905-825-6000 ext. 2777 to register and you will be sent an interview time & Zoom meeting link	April 28 9:00am - 12:00pm

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If you would like to participate in any of these workshops but are restricted by your access to technology or a disability that impacts your ability to participate, please phone Sabrina Essner at: 905 825-6000 x. 2754 or email at: sabrina.essner@halton.ca for other possible accommodations.