

Nova Scotia Works - Island Employment Workshop Schedule October 2021

Nova Scotia Works - Island Employment offers free **in-person** and **online** workshops. These workshops are designed to provide practical skills to help job seekers succeed in finding employment. We use the **Zoom** platform for our online workshops.

To access our free **in-person** and **online** workshops you must register for a free account with **Nova Scotia Works**. If you are not already registered, go to **novascotiaworks.ca** and click on **Create an Account** on the top right. It only takes a few minutes.

For more information contact your **Case Manager** or email our **Workshops Facilitator Lindsey Kendall** at **workshops@islandemployment.ca** or call **(902) 539-5673**.

Workshop Date Time

Job Search & Interview Skills - Oct 4 - 9:00am - 10:30am

Best strategies to look for work. What employers are looking for during your job interview?

Resume & Cover Letter Writing - Oct 4 - 11:00am - 12:30pm

Do you know how to create a resume? Could your resume be improved?

Confidence Building - Oct 4 - 2:00pm - 3:30pm

Strategies for building self-confidence and self-esteem

Stress Management - Oct 5 - 10:00am - 11:30am

Techniques to help minimize and control stress.

Standard First Aid & CPR C - Oct 6 & 7 - 9:00am - 4:00pm

Certification in First Aid and CPR

Career Planning - Oct 15 - 9:00am - 10:30am

Steps to selecting and planning your new career path.

Success & Diversity in the Workplace - Oct 19 - 10:00am - 11:30am

What is diversity? Why is it important in today's workplaces.

Standard First Aid & CPR C - Oct 20 & 21 - 9:00am - 4:00pm

Certification in First Aid and CPR

Dimensions of Wellness - Oct 26 - 9:00am - 10:30pm

8 dimensions of Wellness; Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Social, and Spiritual Wellness.



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