

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>Skills Development Info Session</b> 11am – 12pm	2 <b>Spring Job Fair</b> 10am – 3pm	3 <b>Transferable Skills</b> 9am – 12pm
6 <b>Resume Workshop</b> 9am – 4pm <hr/> <b>Excel I</b> 9am – 12pm	7 <b>Excel II</b> 9am – 12pm <hr/> <b>Managing Your Stress</b> 2pm – 4pm	8 <b>Skills Development Info Session</b> 11am – 12pm	9 <b>Mental Health Navigator</b> 9am – 4pm	10 <b>Cover Letter</b> 9am – 12pm
13 <b>Transferable Skills</b> 9am – 12pm <hr/> <b>Word Level I</b> 1pm – 4pm	14 <b>Social Networking</b> 9am – 12pm <hr/> <b>Word Level II</b> 1pm – 4pm	15 <b>Skills Development Info Session</b> 11am – 12pm	16 <b>Mental Health Navigator</b> 9am – 4pm <div style="border: 1px solid black; padding: 5px; text-align: center;"><b>Ace the Interview</b> 9am – 4pm</div>	17
20 <b>CLOSED FOR VICTORIA DAY</b>	21 <b>Resume Toolkit</b> 9am – 12pm <div style="border: 1px solid black; padding: 5px; text-align: center;"><b>Attire to Aspire</b> 9am – 4pm</div>	22 <b>Skills Development Info Session</b> 11am – 12pm	23 <b>Communication Skills</b> 9am – 12pm <hr/> <b>Mental Health Navigator</b> 9am – 4pm	24 <b>PowerPoint</b> 9am – 12pm
27 <b>Resume Workshop</b> 9am – 4pm <hr/> <b>Excel I</b> 1pm – 4pm	28 <b>Cover Letter</b> 9am – 12pm <hr/> <b>Excel II</b> 1pm – 4pm	29 <b>Skills Development Info Session</b> 11am – 12pm	30 <b>Mental Health Navigator</b> 9am – 4pm <div style="border: 1px solid black; padding: 5px; text-align: center;"><b>Hidden Job Market</b> 9am – 4pm</div>	31

Call Job Junction at 902-455-9675 for info on how to register  
6950 Mumford Road • Halifax, Nova Scotia • B3L 4W1 • [www.jobjunction.ca](http://www.jobjunction.ca)



Schedule may change to accommodate demand.

Job Junction is funded through the Canada Nova Scotia Labour Market Development Agreement under the direction of Employment Nova Scotia.

<p><b><u>Ace the Interview</u></b></p> <p>This two-day workshop will concentrate on the process of skillfully preparing for the job interview. With our assistance, you will develop a strategy for effectively dealing with difficult questions and learn solid interviewing techniques. Clients often report that the videotaped practice interview sessions have been instrumental in determining their interview success. <b>Participants are asked to bring a relevant job posting.</b></p>	<p><b><u>Attire to Aspire</u></b></p> <p>Attire 2 Aspire is an event to provide professional clothing to men looking for work or starting a new job. Please call our main line at 902-455-9675 to find out how to register.</p> <p><b><u>Mental Health Navigator</u></b></p> <p>Healthy Minds Cooperative of Nova Scotia is here to provide mental health assistance to clients. For an appointment call <b>902-404-3504</b> or email at <a href="mailto:hmnavigator@eastlink.ca">hmnavigator@eastlink.ca</a></p>	<p><b><u>Professionalism &amp; Ethics</u></b></p> <p>This workshop is designed to give you the basic understanding of what is expected by professional behavior and some easy guidelines and check lists you can use to help maintain and develop your own personal sense of professionalism.</p> <p><b><u>Skills Development Info Session</u></b></p> <p>This session will describe the Skills Development Program which is an employment program that provides financial assistance to eligible individuals to help them obtain the skills training they need to obtain employment.</p>	<p><b><u>Résumé Workshop</u></b></p> <p>An excellent résumé is an essential component of the job search process. You will leave this workshop with a better understanding of how to describe your skills, increased confidence in your résumé, and a renewed ability to market yourself to prospective employers. After individually assisting you in developing a powerful résumé, our professional staff will complete all the word processing for you, and provide you with both paper and electronic copies of your new résumé. <b>Participants are asked to bring their current résumé to this workshop, along with a relevant job posting.</b></p>
<p><b><u>Excel - Tracking Your Job Search Using Spreadsheet</u></b></p> <p>This workshop will introduce you to the basics of Excel, including how to create a budgeting spreadsheet.</p> <p><b><u>Excel II</u></b></p> <p>This workshop continues your understanding of spreadsheet usage. It includes formulas and data analysis functions.</p>	<p><b><u>Hidden Job Market</u></b></p> <p>Only 20% of available jobs are advertised. Ever wonder how to get into the other 80% of the job market? Learn how networking, often called the secret language of success among employment experts, is the most effective aspect of the job search and how it can work for you.</p>	<p><b><u>Microsoft (MS) Word Level I</u></b></p> <p>This workshop is designed to help people understand the basics of creating documents in Microsoft Word. It is useful for people who want to edit their own résumés and cover letters and includes formatting, cut and paste, setting margins, creating headers and footers and more.</p>	<p><b><u>Microsoft (MS) Word Level II</u></b></p> <p>If you have a basic understanding of Microsoft Word, then this session will expand on your skills using Microsoft Word in your job search. Topics will include creating tables, columns, headers &amp; footers, file management using folders and merging documents.</p>
<p><b><u>Power Point</u></b></p> <p>This workshop will introduce you to the features of Power Point and how to create a basic Power Point presentation.</p> <p><b><u>Managing Stress</u></b></p> <p>Excess stress can have a negative impact on your ability to learn and your ability to move forward. Identifying the stressors in your life is important. Various relaxation techniques will be discussed</p>	<p><b><u>Résumé Toolkit</u></b></p> <p>This workshop will present the fundamentals of a successful résumé. You will leave this workshop with a better understanding of how to present your skills and qualifications on your résumé, as well as which résumé format is best suited to marketing yourself to prospective employers.</p>	<p><b><u>Social Networking Workshop</u></b></p> <p>This workshop focuses on LinkedIn, Facebook, and Twitter, three of the most popular social networking sites on the Internet. Learn how you can take advantage of these sites during your job search. Learn why these sites can be valuable, and how to make the best of them while looking for work.</p>	<p><b><u>Communication Skills</u></b></p> <p>This session is designed to help you become aware of how and why communication breaks down and tips on how to stop those break-downs before they happen. Explore what kind of first impression you are making. Written communication techniques will also be explored with emphasis on email.</p>
<p><b><u>WHMIS</u></b></p> <p>The Workplace Hazardous Materials Information System. This course will present information on common workplace hazardous chemicals and the safe use of potentially hazardous materials. Participants of the program will receive a WHMIS certification card.</p>	<p><b><u>Transferable Skills</u></b></p> <p>Having trouble identifying your skills? Not sure how to market yourself to an employer? This interactive workshop will help you create a comprehensive catalogue of your skills, and give you a head start on presenting those skills creatively in a résumé.</p>	<p><b><u>Résumé Critique</u></b></p> <p>Call 902-455-9675 to register for a 1/2 hour appointment with one of our Facilitators to review your résumé and to gain tips for improvement.</p>	<p><b><u>Cover Letter Toolkit</u></b></p> <p>A good cover letter can greatly improve your chances of landing a job interview. This half-day workshop will teach you how to write effective cover letters that will catch an employer's attention. <b>Participants are asked to bring a relevant job posting.</b></p>

**Call for info on how to register!**

**Phone 902-455-9675, or book in person with one of our Resource Centre staff.**