



31 King Street East, Hamilton, ON L8N 1A1

*Upcoming workshops & presentations – no charge but registration is appreciated*

**Resume Writing Workshop – sponsored by PATH**

Tuesday January 7<sup>th</sup> 1pm-3pm

Learn what style of resume best markets your work history and experience. Discover tips and trick for tailoring your resume to that dream job, including buzz words and how to make it through the (ATS) Applicant Tracking System. Your resume is your ticket to the interview so make yours a winner.

**suicideTALK – sponsored by SPCCH**

Wednesday January 8<sup>th</sup> 1pm-3pm

suicideTALK is a 90-minute suicide awareness session that helps participants understand the issue of suicide and how they can help to prevent it in their communities.

**Customer Service Workshop – sponsored by PATH**

Thursday January 9<sup>th</sup> 10am-12pm

For anyone entering the service industry, learn how to enhance your customer service skills through following 4 key principles. This workshop is for anyone who may need the basics around good customer service or a refresher about attitude, how to make someone's day, being present at work and learning how to play while still doing your job.

### **Shift Program multi-week– sponsored by Centre 3**

Tues Jan 14<sup>th</sup> – Thurs. Feb. 5<sup>th</sup> 10am-12pm (Tuesdays & Thursdays for 4 weeks)

[For Ages 15-29, Youth with Disabilities & Mental Health] The SHIFT program is an innovative multi-week program specifically designed to use media, visual, and performance art as a vehicle for soft skills development. The soft skills developed in this program will include assertive communication, conflict resolution, self-reflection, empathy, adaptability, team building, interpersonal skills, social perceptiveness, time management, leadership, critical thinking, innovation, and initiative.

### **Mindful Life Workshop – sponsored by My Free Hamilton**

Thursday January 16<sup>th</sup> 10am-12pm

My Free Hamilton is a Hamilton community organization committed to connecting Hamilton's free wellness resources with a focus on mental health and overall balance. In this workshop, you will explore and practice some simple, practical and accessible mindfulness techniques.

### **Interview Preparation Workshop – sponsored by PATH**

Wednesday January 22<sup>nd</sup> 130pm-330pm

Interview Preparation aka as 'the conversation' that can change your present life. Spend an afternoon in an informal but informative setting learning how to prepare for one of life's most important conversations – the job interview! Here's the chance to discuss and remedy many perplexing interview scenarios ie: why did you leave your last job, what are your strengths and weaknesses, why should i hire you, etc. Learn, discuss, practice, review what it takes to be successful at interviews in today's tough competitive market. Comprehensive handouts, list of most frequently asked questions AND best practised answers. This workshop will help you feel more confident, more prepared and more determined to make your next 'conversation' the best one possible.

## **Effective Job Search Workshop – sponsored by PATH**

Monday January 27th 10am-12pm

Teaches effective job search strategies including accessing the Hidden Job Market as well as job searching on the Open Job Market. Learn all about the Open Job Market versus the Hidden Job Market to improve your job searching skills and ensure you are putting your best foot forward in your job search. Topics include: Job search websites, learning about Resume Customization and by-passing applicant tracking systems, and how to effectively network to get in front of employers and many more topics.

## **Exploring Self Employment Workshop – sponsored by PATH**

Thursday January 30th 10am-12pm

Dreaming of becoming your own boss? Want to turn your passion into a side job for extra income? In this session we talk about over 30 small businesses ideas to get your mind flowing, and advice from local entrepreneurs. Is self-employment for you? We will also be sharing other 'work from home' options, what's trending for micro-businesses, and free Hamilton resources that will help you with everything you need to get started.

## **Hamilton Literacy Council presentation**

Wednesday January 15th 10am-11am

More details to come

Please follow our social media to find out more or contact us at the 905-528-6611 or email: [reception@pathemployment.com](mailto:reception@pathemployment.com)