



November 2020 Online Live Workshop Schedule-Oshawa

The Regional Municipality of Durham
 Social Services Department Income and Employment Supports Division

Ontario Works 200 John Street. West, Oshawa, ON L1J 2B4 Phone: 905-432-2929 or 1-877-264-5566 Fax: 905-432-7602

Monday	Tuesday	Wednesday	Thursday	Friday
2 Goal Setting 10:30 a.m.-11:30 a.m. Targeting Your Resume 1:30 p.m.-2:30 p.m.	3 RentSmart Basics (1 of 3) Three Day Program (Tuesday, Wednesday and Thursday) 10:30 a.m.-12:00 Taking Your Job Search Online 1:30 p.m.-2:30 p.m.	4 RentSmart Basics (2 of 3) 10:30 a.m.-12:00 Employment Interviews 1:30 p.m.-2:30 p.m.	5 RentSmart Basics (3of 3) 10:30 a.m.-12:00 Job Search Letters 1:30 p.m.-2:30 p.m. A Wellness Journey Every Thursday One of Six 3:00 p.m.-4:00 p.m.	6 Program Information Session 1:30 p.m.-3:00 p.m.
9 Confidence Boost 10:30 a.m.-11:30 a.m. Targeting Your Resume 1:30 p.m.-2:30 p.m.	10 Taking Your Job Search Online 1:30 p.m.-2:30 p.m.	11 Office Closed	12 A Wellness Journey (2) 3:00 p.m.-4:00 p.m.	13 Program Information Session 1:30 p.m.-3:00 p.m..
16 Goal Setting 10:30 a.m.-11:30 a.m. Targeting Your Resume 1:30 p.m.-2:30 p.m.	17 WorkREADY (1of 6) Six Day Program (Tuesday, Wednesday and Thursday) 10:30 a.m.-12:00 Taking Your Job Search Online 1:30 p.m.-2:30 p.m.	18 WorkREADY (2 of 6) 10:30 a.m.-12:00 Employment Interviews 1:30 p.m.-2:30 p.m.	19 WorkREADY (3 of 6) 10:30 a.m.-12:00 Targeting Your Resume 1:30 p.m.-2:30 p.m. A Wellness Journey (3) 3:00 p.m.-4:00 p.m.	20 Program Information Session 1:30 p.m.-3:00 p.m.
23 Confidence Boost 10:30 a.m.-11:30 a.m. Targeting Your Resume 1:30 p.m.-2:30 p.m. Managing Anxiety (1 of 8) Eight Day Program (Monday and Wednesday) 1:30 p.m.-2:30 p.m.	24 WorkREADY (4 of 6) 10:30 a.m.-12:00 Taking Your Job Search Online 1:30 p.m.-2:30 p.m.	25 WorkREADY (5of 6) 10:30 a.m.-12:00 Effective Communication 1:30 p.m.-2:30 p.m. Managing Anxiety (2 of 8) 1:30 p.m.-2:30 p.m.	26 WorkREADY (6 of 6) 10:30 a.m.-12:00 A Wellness Journey (4) 3:00 p.m.-4:00 p.m. Durham College Virtual Tour and Information Session 3:00 p.m.-4:30 p.m.	27 Program Information Session 1:30 p.m.-3:00 p.m.
30 Goal Setting 10:30 a.m.-11:30 a.m. Targeting Your Resume 1:30 p.m.-2:30 p.m. Managing Anxiety (3 of 8) 1:30 p.m.-2:30 p.m.				

Workshop Description

A Wellness Journey

The act of reading and talking about books and stories can achieve a more positive sense of wellness. It is also a chance to connect with others, discuss how books can help make people feel better and share your thoughts in a small group.

Confidence Boost

Get a better understanding of confidence and self-esteem. 10 tips to boost your confidence.

Durham College Information Session and Online Tour

Attend this one-and-a-half-hour session to learn about programs, application process and deadlines to transition to post-secondary studies.

Effective Communication

Tips to help recognize poor communication and how to strengthen your communication skills.

Employment Interviews

Preparing you for a positive interview experience by showing you control, anticipating questions and using a no-fail format for answering questions.

Goal Setting

Explore different types of goals and how to create goals that work.

Job Search Letters

Content and examples of Cover Letters, Follow up letters, Rejection Letters, Thank You letters and notes. Learn their importance and how adding them to your applications makes a difference.

Managing Anxiety

This is an eight-day, one-hour session for a confidential and safe place to normalize, share and learn about coping with anxiety.

Program Information Session

General: Learn about Ontario Works programs in this all in one session and how to register for them.

RentSmart Basics

In today's challenging rental market, **RentSmart Basics** prepares renters to find housing and experience successful tenancies. Participants learn **'3 Keys to Housing Success'**

Taking Your Job Search Online

Exploring social media sites as tools for job search as well as some popular local job search sites and how to prep for online interviews.

Targeting Your Resume

Going through each section of the resume, discussing how to target your resume and use an effective format to successfully pass screening software.

WorkREADY (Research, Engage, Ability, Develop, Your next step)

WorkREADY is a 6-module online workshop with a focus on preparing for job search, resume and interview preparation and practice as well as job maintenance. Participants will reflect on past employment, focus on current opportunities and prepare to move forward with a new confidence in their ability to manage the job search.