



108 Cobequid Road, Suite 100  
Lower Sackville, NS B4C 2N2

www.opportunityplace.ca  
902.864.7520

## March 2020 Newsletter

Opportunity Place is a Nova Scotia Works Employment Service Centre. We are here to help you with career planning, job searching and on-the-job support at your convenience. Our team can introduce you to a variety of programs and services that will help you achieve your career goals. All of our services may be accessed in person, over the phone or through online applications. We also work with Nova Scotia's employers to assist with recruitment, planning and Human Resources support.

### Free Employment Support Services Offered at Nova Scotia Works

**We are here to assist you with your employment plan!**

- ◆ Identify Your Employment Needs
- ◆ Career Decision Making Assistance
- ◆ Job Search Workshops
- ◆ Self-Assisted Job Search Centre & Computer Access
- ◆ Telephone Access for Job Search
- ◆ Learn About Workforce Trends
- ◆ Information on Training & Self-Employment Options
- ◆ One-on-One Employment Support
- ◆ Referrals to Other Agencies

**NEW HOURS OF OPERATION: Monday to Friday 8:30 AM - 4:30 PM**

### Inside this Edition:

- ◆ Office to Advance Women Apprentices
- ◆ International Women's Day
- ◆ Opportunity Starts Here!
- ◆ March Workshop Calendar & Descriptions
- ◆ Social Media & Job Search
- ◆ Scent Free & Dog Notices
- ◆ Inclement Weather Notice
- ◆ Find Us on Social Media



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## March 2020 Workshop Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
2 Competitive Job Search 9:30 – 12:30  Transferable Skills 1:00 – 4:00	3 Resumes 1 9:30 – 12:30  Resumes 2 1:00 – 4:00	4	5 Resumes 3 9:30 – 12:30  Resumes 4 1:00 – 4:00	6
9 Career Planning 1 9:30 – 12:30  Career Planning 2 1:00 – 4:00	10 LMI General 9:30 – 12:30  LMI Specific 1:00 – 4:00	11 Career Planning 3 9:30 – 12:30  Self-Esteem 1:00 – 4:00	12 Interviews 1 9:30 – 12:30  Interviews 2 1:00 – 4:00	13 Personality Dimensions 9:30 – 12:30
16 Competitive Job Search 9:30 – 12:30  Transferable Skills 1:00 – 4:00	17 Resumes 1 9:30 – 12:30  Resumes 2 1:00 – 4:00	18 Resumes 3 9:30 – 12:30  Resumes 4 1:00 – 4:00	19 How to Succeed in the Workplace 9:30 – 12:30  Exploring Self-Employment 1:00 – 4:00	20
23 START & GTO Marketing 9:30 – 12:30	24 Interviews 1 9:30 – 12:30  Interviews 2 1:00 – 4:00	25 Stress Management 9:30 – 12:30  Social Media 9:30 – 12:30	26	27
30 Competitive Job Search 9:30 – 12:30  Transferable Skills 1:00 – 4:00	31 Resumes 1 9:30 – 12:30  Resumes 2 1:00 – 4:00			

Follow us on social media for regular job postings and event notifications!



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SCENT  
FREE  
ZONE

### No Scents Makes Sense!

Perfume and scents can trigger asthma attacks, migraines, COPD, and MCS.

For the comfort and safety of all staff and clients, we appreciate your cooperation in keeping Opportunity Place a scent and fragrance-free environment

Workshop Descriptions	
<b><u>Career Planning (3-part workshop)</u></b> Develop a self-inventory by evaluating your skills, abilities, interests and work values.	<b><u>*New* Navigating Mental Health Resources</u></b> Want to learn more about mental health resources in the community? Come join our monthly orientation where we will explore mental health resources in HRM, as well as online resources. The purpose of this workshop is to provide an overview of services in the community with contact information. The orientation will include a hands-on demonstration on how to use the 2-1-1 website.
<b><u>Competitive Job Search Strategies</u></b> Put yourself in an employer's shoes and gain insight on how jobs are filled in today's labour market. Find out about the hidden job market and how to get your foot in the right doors.	
<b><u>Disability in the Workplace</u></b> This workshop provides helpful tips for disclosing a disability, as well as requesting workplace accommodations. The rights and responsibilities of employees and employers are also discussed.	<b><u>Personality Dimensions</u></b> Explore your own personality traits and how personalities might interact in the workplace. This information is useful in making informed career decisions and researching suitable working environments.
<b><u>Exploring Self-Employment as A Career Option</u></b> Have you ever thought of creating your own employment? This workshop will introduce you to the pros and cons of self-employment, as well as tools and resources.	<b><u>Resumes for Results</u></b> Learn how to construct visually appealing and targeted resumes and cover letters that will get noticed by employers. Learn about formatting and how to market your skills.
<b><u>How to Succeed in the Workplace</u></b> Learn how to maintain employment and be successful in the workplace. Gain a better understanding of employer expectations and the qualities required to be a successful employee.	<b><u>Self-Esteem</u></b> Learn how to sell yourself and explore the process of building self-esteem. This workshop will help you to measure your self-esteem, and develop self-esteem boosters.
<b><u>Interviews Part 1 &amp; 2</u></b> Open, manage, and close an interview – learn appropriate responses to difficult interview questions. Learn how to respond with confidence to behavioral and situational interview questions.	<b><u>SMART Goals</u></b> A successful job search is more than knowing what you want to do, you need a plan on how you will get there. SMART goals put you on the path to success by creating clarity, focus and intention for reaching your ideal career.
<b><u>Labour Market Information (General &amp; Specific)</u></b> Examine trends in the labour market to make informed decisions about your job search and employment path.	<b><u>Social Media &amp; Job Search</u></b> Learn the role of social media as a way to connect with companies and individuals. This workshop will provide an overview of how to use social media effectively in your job search to uncover potential job leads.
<b><u>Managing Change</u></b> Examine how change affects employability and develop strategies to cope with the challenges of being between jobs.	<b><u>Stress</u></b> What are the warning signs and impacts of stress? Assess how well you manage stress and learn ways to improve.

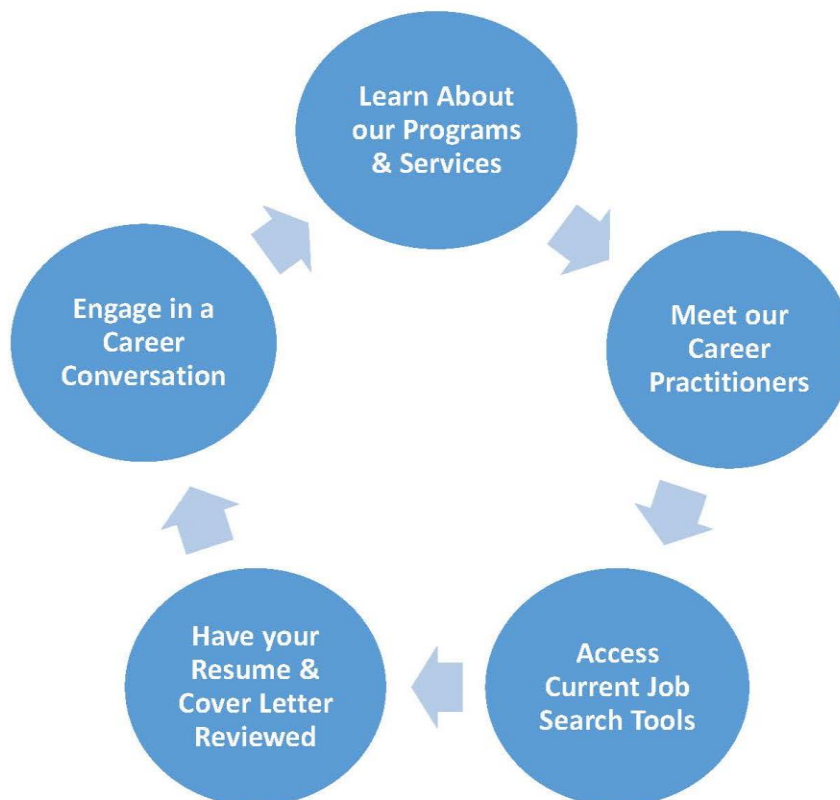


## Service Dog on Site

Please be advised that Opportunity Place has a service dog on site. If being around a dog is any cause for concern, please let our staff know. Opportunity Place is an inclusive space for staff and clients.

# OPPORTUNITY STARTS HERE

NAVIGATE YOUR WAY TO EMPLOYMENT SUCCESS



Visit us on Friday, March 13<sup>th</sup> at 1pm to discover how we can help. Please call (902) 864-7520 or email [staff@opportunityplace.ca](mailto:staff@opportunityplace.ca) to reserve your seat.



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# SOCIAL MEDIA & JOB SEARCH

Yes – prospective employers are googling you!

Learn how to manage your digital footprint  
and use Facebook, Twitter and Linked In to  
tap into employment opportunities

Contact us by phone or email to register:  
902.864.7520  
staff@opportunityplace.ca

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## #BecauseOfYou

**Ann Divine**

"My wish is for all women, girls and others in my circle to blaze that trail, creating light on the path for all to walk through carrying our unique selves."

**INTERNATIONAL WOMEN'S DAY**  
March 8, 2020



Women and Gender  
Equality Canada

Femmes et Égalité  
des genres Canada

**Canada**







INFORMATION SESSION

# Office to Advance Women Apprentices


**Enhancing employment outcomes for women in skills trades in Nova Scotia**

This session will introduce you to the newly opened Office to Advance Women Apprentices.

Learn about career opportunities in the skilled trades and the training pathways to get there!

Nova Scotia Works – Opportunity Place  
108 Cobequid Road, Suite 100  
Friday, March 6, 2020 at 1pm  
Drop in to learn more!





If weather conditions are bad, Nova Scotia Works – Opportunity Place may be closed during regular business hours. On stormy days, please check our Facebook page or Twitter feed, or call our main number (902-864-7520) to make sure we are open. Closures will be posted by 8:00 AM.



The Opportunity Place (OPRA) Board of Directors is committed to respecting, fostering, and supporting diversity and inclusion at Opportunity Place within its leadership and governance.

Opportunity Place is sponsored by the Opportunity Place Resource Association (OPRA) -- a volunteer, not-for-profit association. OPRA believes that respect must be demonstrated by its leadership. Diverse and inclusive perspectives in decision-making produce better decisions.

An organization which reflects the diversity of the many networks, groups, and communities within a framework of respect, equity, sensitivity, and competency in all aspects will be more effective in serving and working within those communities.

Opportunity Place is funded through the Canada-Nova Scotia Labour Market Development Agreement under the direction of Employment Nova Scotia.

