

BOOST

Build Opportunities Optimize Skills for Tomorrow Workshop





Workshop Outline

WEEK 1 - Career Exploration

WEEK 2 - Portfolio Building

WEEK 3 - Preparing & Practicing for Job Interviews

Skills Development during this process

Adaptability

Communication

Problem Solving

Computers

Collaboration

A completed **GROW** Skills Check is required prior to registering for this program.

Register TODAY!



Join us for a 3-week workshop that will lead individuals through career exploration and portfolio building, job applications and interview preparation.

This program will support learners to match their identified skills and attributes from GROW to employment opportunities for the future.

Ideal for learners who are ready to move forward with their job search.

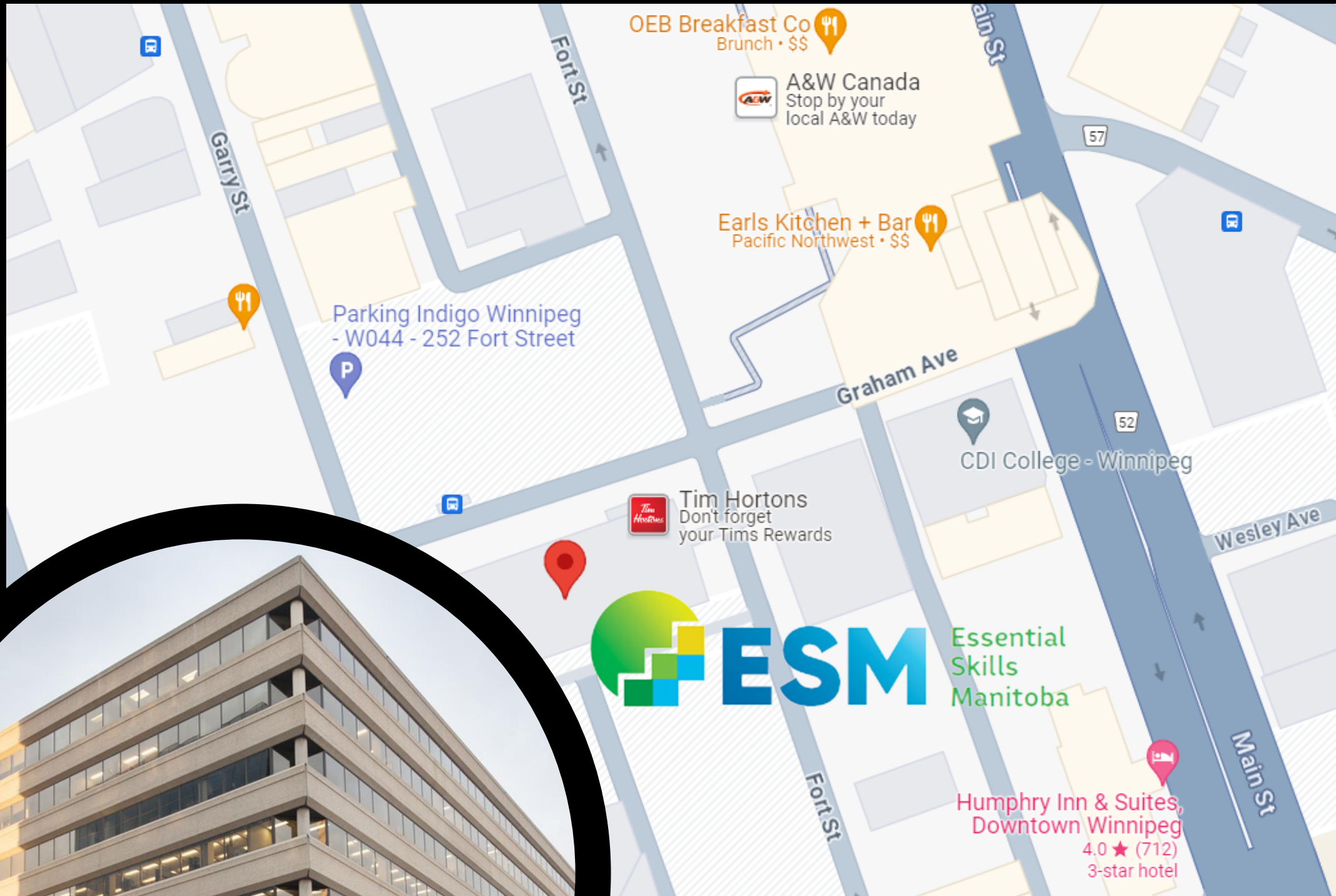




Through Recognition of Prior Learning, learners will confirm their career path, set achievable goals, and develop an action plan to reach them.

Using online resources such as the Manitoba Labour Market Information System learners will find an achievable goals and develop an action plan.

Learners will explore strategies to remain **positive and adaptable** when working through change, like entering the workforce.



Accessible through the
skywalk

240 Graham Avenue, Unit 250
second floor, Cargill Building



For more Info

Contact us at
info@esmanitoba.ca
or call 204-282-9980