



# Employment Essentials Program

## MIZIWE BIIK ABORIGINAL EMPLOYMENT AND TRAINING

**Are you an Ontario Works recipient?  
Are you interested in Employment or Training?**

Our program provides you with the skills and tools you need to break through your job search barriers. Our **6 weeks ½ day workshops** and supportive follow-up employment counselling sessions can make the difference between job seeking and success

**Ask Your Ontario Works Caseworker for an  
Employment Essentials Referral Form**



**Next  
Session  
Starting  
May 29<sup>th</sup>**

### TOPICS COVERED

#### GETTING STARTED

- PERSONALITY DIMENSIONS
- SELF-ESTEEM BUILDING
- GOAL SETTING
- SKILLS PROFILING
- REFERRAL TO SUITABLE IMPRESSIONS (\$150.00 value)

#### TECHNICAL

- CAREER CRUISING
- PROVEIT
- RESEARCH SKILLS

#### JOB SEARCH PREPARATION

- RESEARCH SKILLS
- RESUME
- COVER LETTER
- NETWORKING
- INTERVIEW SKILLS



**\*\* NEW \*\***  
You may be eligible for additional  
**Program Participation Supports**  
while attending

*OW Supports include Transportation Allowance*

*Program is not open to ODSP clients*

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