



**Fresh
start**

Realizing your full Potential



District of Sault Ste. Marie
Social Services Administration Board

JANUARY 2012, Fresh Start Workshops

Contact: **Jackie Fletcher 705-759-0909, Ext. 4339**

PERSONAL CAPACITY BUILDING SKILLS Sessions A,B,C,D, & E.

SESSION	ACTIVITY	TIME FRAME	DATE
A.	The Secret - video Based on the "Law of Attraction" and how it can work for you Discussion	2 hours	Thurs. Jan. 12 <i>SCCC-503 Queen</i> 10:00 – 12:00
B.	Self Esteem Building Defining self esteem together	2 hours	Tues., Jan. 17 <i>SCCC – 503 Queen</i> 10:00 – 12:00
C.	You Can Heal Your Life – video Looking at healing your life by changing the way you think Discussion	2 hours	Thurs., Jan. 19 <i>SCCC – 503 Queen</i> 10:00 – 12:00
D.	1. Stress Management - identify your level of stress examine ways to manage stress	2 hours	Tues., Jan. 24 <i>SCCC – 503 Queen</i> 10:00 – 12:00
E.	1. Generations At Work – power point Looking at 4 generations in the workplace in today's world and how each group sees things 2. Hidden Job Market - exploring avenues of where to look for work 3. Organizational & Time Management Preparation once you have been offered employment 4. Anticipated Job Requirements Examining ways to be more effective once on the job - sustainability	2 hours	Thurs., Jan. 26 <i>SCCC – 503 Queen</i> 10:00 – 12:00

***DATES SUBJECT TO CHANGE – PLEASE CALL TO CONFIRM THE DAY BEFORE IF DATE IS STILL VALID**