



## Workshop Topics

D.I.S.C.  
Sleep Deprivation on Work  
Productivity  
Canadian Business Culture  
Effective Communication  
Networking Skills  
Risks of Hiring  
Increasing Self-Esteem  
Internet Resume and Job Search  
Interview Preparation  
Career Discovery  
Resume and Cover Letter Design  
Developing Entrepreneurial Skills

6 Workplace Motivators  
Emotional Intelligence in the  
Workplace  
Information Interviewing  
Surviving the Job Loss  
Building a Business Plan  
Negotiating a Dream Job  
Identifying Transferable Skills  
Social Media Risks  
Tending to Self  
Career Planning  
Responding to the Job Posting  
The Importance of Writing Goals