



10 TIPS FOR NEW BEGINNINGS

This month, we've chosen to revise a previous tip sheet on New Beginnings, specifically because of the major transformation occurring with employment programs in BC - a large scale "New Beginning" will occur on April 2. Although the original version of this tip sheet, published in January 2010, focused on the beginning of a New Year, New Year's isn't the only time for change and "resolutions" - any new beginning brings significant change. However, change isn't equally embraced by everyone. In a recent poll asking our readers about their preference for stability or change, an overwhelming majority (93%) preferred at least some change; 43% liked more stability than change, 27% liked more change than stability, and 23% could do without stability altogether, embracing variety and new beginnings. As only 7% indicated an exclusive preference for stability and continuity, it sounds like most of you will find some enjoyment in your new beginnings. We hope this revised tip sheet will provide a few practical strategies to support your transition.

[Read more](#) about managing change within our latest blog post.

- 1. Make Relevant Resolutions.** Whether at the beginning of a new year, on your birthday or anniversary, or just because it's time for a fresh start, when you "resolve" to make a significant change, keep your resolutions focussed, meaningful, and straightforward - and only make one or two at a time.
- 2. Set SMART Goals.** Ensure your goals, or resolutions, follow the SMART format - Specific, Measurable, Achievable, Relevant, and Time Sensitive. Here is a great resource outlining [10 steps to SMART objectives](#).
- 3. Plan Professional Development.** Look at the months or year ahead and identify key courses, workshops, or books that will support your professional development goals. Life Strategies offers a wide range of [courses](#) that fit any schedule and budget.
- 4. Access Your Allies.** Whether you're pursuing an "official" New Year's resolution or a personal or professional goal, don't do it alone. Find a partner or form a [Success Team](#).
- 5. Take Time to Purge.** New beginnings offer a great time to declutter. Decluttering your home, office, computer, or even your mind can help reduce stress and anxiety. Not sure how to get started? Here are 18 [five-minute decluttering tips](#).
- 6. Give Back.** Choose to make a significant difference. Intentionally support one or more meaningful projects, associations, or charities with your money and/or time.
- 7. Get Over the Winter Blues.** It is estimated that 15% of Canadians experience symptoms of [Seasonal Affective Disorder](#). If these few tips don't help, it may be important to talk to a [professional](#).
- 8. Update Your Career Portfolio.** Now is a great time to create, update, and/or re-organize your [career portfolio](#). Gather work samples, reflect on the skills they showcase, and organize them in a way that you can easily find what you need to highlight your accomplishments.
- 9. Strive for a Sustainable Life.** Think beyond the notion of work-life balance and, instead, focus on sustainability or meeting your present needs without compromising your future. Read "[That Elusive Work-Life Balance](#)" for practical strategies and [click here](#) for some brief articles.
- 10. Learn From Your Mistakes.** Al Franken once said, "Mistakes are a part of being human. Appreciate your mistakes for what they are: precious life lessons that can only be learned the hard way." As you prepare for a new beginning, reflect on mistakes you've made, and the life lessons learned as a result. Be intentional about managing your own career and be responsive to the ongoing changes that impact your work.



Coming SPRING 2012

We hope you'll join us in our upcoming courses.

Click on the course names below for more information.

Starting soon . . .

- **Helping Skills to Facilitate Career Development - April 11**
- **Work Search Essentials 2: Interview and Negotiation Strategies - April 18**
- **Case Manager - April 18**
- **Consultants and Organizational Systems: Tips for Successful Interactions - April 18**
- **Employment Readiness: Preparing for the World of Work - April 25**

CMPP Courses:

- **Career Management at Work: Keeping Employees Engaged**

Short Courses:

- **e-Coaching**

Certificate Courses:

- **CPE 521: Psychometric Assessments**
- **Job Club Coach**

[Click here](#) for our full course schedule

Upcoming Webinars:

- **Expatriate or Immigrant? Not Exactly the Same Thing - April 12**
- **Career Engagement: For You and Your Clients - May 9**

Roberta Neault will be a featured presenter at the VRA conference in Canmore in June, speaking on our new Career Engagement model. Read more: <http://vraCanada.com/conference.php>



DID YOU KNOW?



Got Career Resources Needing A Good Home? Many BC-based employment centres are shutting down and others are consolidating their resources as they form new partnerships. Before you pack up or discard your books, assessment tools, card sorts, or other relevant print resources, consider sharing them with career practitioner students and other newcomers to the field. Contact cassie@lifestrategies.ca if you have resources to contribute.



Bowl for Kids Sake: The Big Brothers Big Sisters organization's Bowl for Kids Sake event on April 14th is fast approaching. Help us raise money to support our local children who need a mentor. [Click here](#) to support our team.

Face-to-Face Personality Dimensions Level 2 Training Opportunity:

PD Master Trainers, Roberta Neault and Deirdre Pickerell, are conducting Facilitator-Trainer (Level 2) training in BC's Lower Mainland (i.e., Vancouver area) May 31 – June 2 (Tentative schedule: 5:00pm – 9:00 pm May 31st, 8:30am – 5:00pm June 1st and 2nd). Only \$879.00 (plus tax), includes all training materials. The first 4 registrants will receive a PD toolkit of their choice; the next 4 will receive 10 copies of Career Dimensions. Want more information or willing to host? Email info@lifestrategies.ca.

NEW RESOURCES

The *Where's the Work? Helping Career Practitioners Explore Their Career Options* guide will be available soon. Email info@lifestrategies.ca to pre-order your copy – PDFs are free and print copies are only \$15.95 (plus tax and shipping/handling).



Qualitative Strategies for

Ethnocultural Research edited by Donna K. Nagata, Laura Kohn-Wood, and Lisa A. Suzuki. The manuscript was reviewed by our very own Roberta Neault.

The newly revised *Majors PTI, PTE, and CES manuals* are now available. Get your updated copies from [CLSR](#).

The Association of Career Professionals International, with the support of CERIC, will be presenting the Career Development Mini Forum: *The Facts, Fiction and Feasibility: Supporting Individuals with Chronic Illness*, April 27th in Toronto, ON. [Click here](#) to register. Attendees will receive a copy of the book - *Thriving in the Age of Chronic Illness*.

STUDENT OF THE MONTH



Sandra has contributed her experience in human resources and her business providing career services to the CMPP course discussions. She has been able to provide to insight to fellow students about entrepreneurship and working in a corporate environment. She aspires to return to the workforce in the future in a mentorship program development role. For this reason, Sandra found the Organizational/Career Development Specialist certificate of particular interest. She has also completed the Career Transition Specialist and Employment Facilitation/Work Search Specialist certificates.

Sandra wrote: "I am very proud to have completed three CMPP certificates. I faced extra challenges because I have a mental health disability called bipolar disorder. I had bursts of energy to do the coursework but also periods of depression that made it difficult to tackle the applied projects. I am extremely grateful to the CMPP team for their understanding and flexibility in light of my mental health condition."

CONGRATULATIONS



Kristine Mendoza has successfully completed her **Global Career Development Facilitator** certificate.

Alicia Neil has successfully completed her **Employment Facilitation/Work Search Specialist** certificate.

Sandra Lim has successfully completed her **Employment Facilitation/Work Search Specialist** certificate.

Dora Lau has successfully completed her **Multicultural Specialist** certificate.



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