



# Illuminations

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Life Strategies Newsletter  
December, 2007

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## Keeping in Touch

For many people the month of December offers a unique mix of busy-ness and leisure – we work harder at this time of year to finish projects and continue with our day-to-day tasks, with less working days in the month to accomplish it all. At the same time, many of us add in countless special events and social activities. During the same busy month, some of us cook or bake more than usual...and, of course, this is the biggest month of the year for shopping! Not surprisingly, sleep is sacrificed (with later nights and earlier mornings to try to fit it all in)! With all the busy-ness and parties, this typically isn't the easiest month to maintain healthy eating and fitness habits either. With all this in mind, we have chosen to focus on "The Stress of the Holidays" as our newsletter theme this quarter. You'll find tips on simplifying your life and links to some relevant websites. If you're in the Vancouver area, you might like to join us on January 9 for a workshop at Douglas College in Coquitlam – "Stressors and Coping Strategies: The Work-Life Balancing Act." Details are on page two. If you do plan to attend, we encourage you to register in advance and complete the Occupational Stress Inventory to fully customize your learning.

This is also a good time of year for reflecting on 2007 and looking ahead to 2008. Life Strategies has had the privilege of contributing to a wide range of interesting projects this year and we have many more on our plate for 2008. We've been blessed with amazing staff, contractors, and colleagues on all of our project teams. We're also walking our talk in terms of lifelong learning – Cassie completes her Bachelor's degree next week and became certified as a Personality Dimensions® facilitator over the summer. Fiona became qualified to administer and interpret "B Level" psychometric assessments (a growing part of our business). Deirdre began her PhD studies this fall – with her focus on employee engagement, we've enjoyed the opportunity to observe it in action on our own team. We've been sad to say good-bye to some key team members over the year – most recently Lisa has chosen to give up her Life Strategies projects to free up more time for her new home and active young family. Carrie-Anne has rejoined us to take on a small part of Lisa's work – it's wonderful to welcome her back.

Christmas is an important time of year for members of the Life Strategies team...although we know that not all of you celebrate Christmas, we'd like to take this opportunity to send you our very warmest wishes at this festive time of year.

## New Link - Life Strategies Online Store

Please note there is a new link to the Life Strategies Online Store <https://lifestrategies.ca/secure/store/>, although our store remains the same, the link has changed.

## SIMPLIFYING THE HOLIDAYS

Simple, Sustainable, Clutter-Free Gift Ideas - By Jennifer Swanson

"... it can be challenging to find a special gift that honors the person you love without compromising your own priorities. Many gift choices only add more disorder to our already cluttered homes, but what can you do? My answer is to request and give disappearing gifts, relieving the burden on the receiver to find space for the gift--while sparing the environment at the same time."

For unique and clutter free gift ideas visit: <http://www.simpleliving.net/main/custom.asp?recid=1#03>

### ENET Training Days

Dr. Roberta Neault and Deirdre Pickerell share the Executive Coordinator role of ENET. Part of their role is to coordinate training days. We thought many of the topics might interest some of our Life Strategies contacts. Training Days are full-day professional development events suited for individuals in career/employment counselling, human resources, and rehabilitation, as well as students. Both ENET members and non-members are welcome at these events which are hosted in various regions throughout the province. For more details visit the [ENET website](http://www.enetsociety.com) or email [info@enetsociety.com](mailto:info@enetsociety.com).

Upcoming January Training Day - Stressors and Coping Strategies: The Work-Life Balancing Act - with Dr. Roberta Neault

When: January 9th, 2008

Location: Douglas College, 1250 Pinetree Way, Coquitlam, BC

Whether juggling dual careers with family responsibilities or struggling with the need to stay connected 24/7, individuals today are facing new challenges. Learn how to balance work and life for your 2008 year.

Optional: Interested participants, who would like to complete the Occupational Stress Inventory (OSI-R) assessment in order to have it printed for the training day, need to register and complete the assessment prior to December 21st. There is an extra \$25.00 (plus tax) fee for the assessment in addition to the regular training day fee.

Contact [info@enetsociety.com](mailto:info@enetsociety.com) if you are planning to complete the assessment.

## CANNEXUS™ 2008

### :: Conference Overview

CERIC, the Canadian Education and Research Institute for Counselling, presents CANNEXUS™ 2008 — a National Career Development Conference designed to promote the exchange of information and explore innovative approaches in the areas of career counselling and career development.

#### Who Should Attend:

- Career and Employment Professionals
- Career Coaches
- Career Development Specialists
- Career Educators, Trainers, Facilitators
- Career Practitioners, Employment & Career Counsellors
- Executive Directors and Program Managers
- Guidance Counsellors
- Human Resource Professionals
- Job Developers
- Product Developers related to Career Services

**When:**  
April 14 - 16, 2008

**Where:**  
The Delta Centre-Ville Hotel,  
Montreal, QC

For more information visit: [www.cannexus.ca](http://www.cannexus.ca)

## PERSONALITY DIMENSIONS ONLINE TRAINING

Personality Dimensions Bridging and Level 1 Training are now available online. Register today for the next session through the Life Strategies [Online Store](#).

Online Start Dates:  
February 6 - 26, 2008  
November 19 - December 9, 2008



## SURVIVABILITY

Train on-line to become a Survivability Workshop Leader and/or Survivability Coach

January 23rd – February 5th, 2008

Help clients recognize and understand their transferable skills and build their own Survivability, Employability, Promotability

Register at the Life Strategies [Online Store](#)

“Survivability has been an invaluable tool for us. It’s never a problem filling that workshop!”

~ Pauline Montgomery  
Options Program Coordinator,  
Sudbury Vocational Resource Centre

## CAREER MANAGEMENT PROFESSIONAL PROGRAM

Check out our new flyer at [http://lifestrategies.ca/pdf/cmpp\\_flyer.pdf](http://lifestrategies.ca/pdf/cmpp_flyer.pdf)

Come join the Career Management Professional Program! If you are interested in accessible, affordable, and flexible professional development as a career practitioner, the Career Management Professional Program (CMPP) is the program for you. With seven areas of specialization and an interactive, facilitated e-learning format the CMPP is unmatched for convenience and relevant training in the field.

Each course runs for two-weeks; students log on daily to learn at their own convenient time. Courses involve completing assignments, reading resources, and getting involved in rich discussions with students and facilitators. For more information on the CMP program visit the Life Strategies website at: <http://lifestrategies.ca/training.cfm>.

### Upcoming courses include:

- Career Development Foundations: Emerging Theories and Models - Jan. 9, 2008
- Understanding Diverse Clients - Jan. 9, 2008
- Group Facilitation Strategies for Career Programs - Jan. 16, 2008
- Administering and Interpreting Career Assessments - Jan. 23, 2008
- The Immigrant Experience - Jan. 30, 2008

### Congratulations

Congratulations to our recent Career Management Professional Program graduate:

Robin Eekhout - Employment Facilitation/Work Search Specialist certificate - Completed November, 2007

### CMPP Practicum Option

Students can now choose to complete either a practicum or an applied project for their final component of a certificate. The practicum needs to be unpaid and relevant to the certificate the student is completing. Each student practicum needs to total 70 hours, with 20 of those hours being client facing.

Register via the Life Strategies [Online Store](#) for your practicum today.



## PROFESSIONAL DEVELOPMENT OPPORTUNITIES

WHAT	WHEN	FOR WHOM	REGISTRATION DETAILS
Stressors and Coping Strategies: The Work Life Balancing Act - Dr. Roberta Neault	Jan. 9, 2008 Coquitlam	Career/Employment Counsellors HR and Rehabilitation Professionals Students	See page 2 of this issue.
Survivability Coach and Workshop Leader Training	Jan. 23, 2008 Sept. 24, 2008 Online	HR Professionals Career Practitioners Teachers / Counsellors	Coach & Leader Training - \$1001.35 + GST Coach Training - \$898.42 + GST / Leader Training - \$911.50 + GST For details, visit <a href="http://lifestrategies.ca/training.cfm">http://lifestrategies.ca/training.cfm</a>
PD Bridging Online Workshop	Feb. 6 - 26, 2008 Nov. 19 - Dec. 9, 2008	True Colors © Facilitators MBTI © Qualified Users	\$299.00 + GST For details, visit the Life Strategies <a href="#">Online Store</a>
PD Level 1 Online Training	Feb. 6 - 26, 2008 Nov. 19 - Dec. 9, 2008	HR Professionals Career Practitioners Teachers / Counsellors	\$795.00 + GST For details, visit the Life Strategies <a href="#">Online Store</a>
Scaling Up: Early/Mid Career Transitions	April 7, 2008 from 6pm - 9pm SFU Vancouver and March 15, 2008 from 10am - 1pm SFU Surrey	Recent Graduates Employees in Transition	\$75.00 + GST For details visit <a href="http://www.sfu.ca/cstudies/mpprog/scaling-up.htm">http://www.sfu.ca/cstudies/mpprog/scaling-up.htm</a>
Scaling Down: Late Career Transitions and Early Retirement	April 10, 2008 from 6pm - 9pm SFU Vancouver and March 29, 2008 from 10am - 1pm SFU Surrey	Potential Retirees Individuals experiencing a late career transition	\$75.00 + GST For details visit <a href="http://www.sfu.ca/cstudies/mpprog/scaling-down.htm">http://www.sfu.ca/cstudies/mpprog/scaling-down.htm</a>
CPE 510 & 521	CPE 510 Oct. 15, 2008 CPE 521 Nov. 12, 2008 Online	CPE 521 = Students with an undergraduate degree and CPE 510 (or a similar course)	CPE 510 - \$695.00 + GST CPE 521 - \$1,250.00 + GST For details, visit <a href="http://lifestrategies.ca/training.cfm">http://lifestrategies.ca/training.cfm</a>
Blueprint for Life/Work Designs Orientation	Oct. 22, 2008 Online	HR Professionals Career Practitioners Teachers / Counsellors	Materials on CD-ROM - \$179.00 + GST Printed Materials - \$189.00 + GST For details, visit <a href="http://lifestrategies.ca/training.cfm">http://lifestrategies.ca/training.cfm</a>
Career Management Professional Program	Courses start every Wed. beginning in Sept. - Online	HR Professionals Career Practitioners Teachers / Counsellors	\$329.00 + GST 10% discount when registering for 3 CMPP courses at once For details, visit <a href="http://lifestrategies.ca/training.cfm">http://lifestrategies.ca/training.cfm</a>
ENET Educational Society Training Days	First Wed. of every month	HR Professionals Career Practitioners Teachers / Counsellors	\$20.00 - Including Tax - Members \$40.00 - Including Tax - Non-Members For details, visit <a href="http://www.enetsociety.com">www.enetsociety.com</a>



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### ABOUT LIFE STRATEGIES

*Life Strategies specializes in career management and leadership development services for individuals and organizations, psychometric assessment services, training, and e-learning initiatives. We provide professional development and train-the-trainer sessions for human resources professionals, career practitioners, career management professionals, and counsellors. In all our work we strive to build capacity within individuals and organizations through consultation, facilitation, coaching, and training.*

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