



10 TIPS FOR NEW BEGINNINGS

- 1. Make Relevant Resolutions.** If you make New Year's resolutions, keep them focussed, meaningful, and straightforward – and only make one or two. Read more tips on keeping New Year's resolutions at www.ehow.com/how/4695560/keep-new-years-resolutions.html.
- 2. Set SMART Goals.** Ensure your goals, or resolutions, follow the SMART format – Specific, Measurable, Achievable, Realistic, and Time Sensitive. Here is a great resource outlining 10 steps to SMART objectives: www.natpact.info/uploads/Ten%20Steps%20to%20SMART%20Objectives.pdf
- 3. Plan Professional Development.** Look at the upcoming year 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. Read more at www.lifestrategies.ca/services/courses/career-management-professional-program-cmpp.cfm.
- 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; learn more at <http://www.endgamebusiness.com/successteams/>
- 5. Take Time to Purge.** The start of a new year is 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 - <http://zenhabits.net/18-five-minute-decluttering-tips-to-start-conquering-your-mess/>
- 6. Give Back.** Make a significant difference this year. Choose one or more meaningful projects, associations, or charities and intentionally support them with your money and/or time.
- 7. Avoid the Winter Blues.** It is estimated that 15% of Canadians experience symptoms of Seasonal Affective Disorder. Read more at www.readersdigest.ca/health/cms/xcms/beat-the-winter-blues_1680_a.html If these few tips don't help, it may be important to talk to a professional - www.lifestrategies.ca/services/coaching-counselling.cfm
- 8. Update Your Career Portfolio.** Now is a great time to create, update, and/or re-organize your career portfolio. Learn more at www.lifestrategies.ca/media/video/creatingPortfolio1.cfm
- 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. Check out our various articles on this topic at: www.lifestrategies.ca/resources/articles.cfm
- 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 the New Year begins, reflect on mistakes you've made, and the life lessons learned as a result.



Coming Winter 2011

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

Click on the course names below for more information.

There's still time...these four classes are starting January 12, 2011:

- **Program Management**
- **Outplacement**
- **Ethics Essentials**
- **Job Club Coach**

e-Courses starting in the New Year:

- **Proposal Writing**
- **Budgets & Business Plans**
- **Marketing Programs**
- **Managing Diversity**
- **Successful Academic Writing**

CMPP Courses:

- **Facilitating Work-Life Balance**
- **Theories**
- **Researching**
- **Assessments**

Don't miss out on these upcoming courses; normally only offered as Directed Studies, now is your chance to take these courses with the benefit of student interaction:

- **Program Management**
- **Placement & Monitoring**

Certificate Courses:

- **Foundations for EVG**
- **Case Manager**
- **Job Developer**
- **CPE 510**
- **Personality Dimensions**
- **CPE 521**

To view our full course schedule, please [click here](#)

DID YOU KNOW?



There is an opportunity to contribute to revisions for the Canadian Standards & Guidelines for Career Development Practitioners. Attend an in-person focus group at CANNEXUS (Ottawa, ON) – Tuesday January 25, 2011. This is an invitation only event; register at <http://s-and-g.eventbrite.com>. Watch for other consultations throughout the country.

The Contact Point website has a section dedicated to group exercises and ice breakers. If you are looking for ways to refresh your workshops in the new year, check out their site at www.contactpoint.ca/index.php?option=com_resource&view=list&category_id=9&Itemid=28

The “one stop shop” of funding sources in BC is about to be moved. If you’re looking for project funding for 2011, take a quick look before the site goes down. Although some of the info is outdated, you may want to bookmark some of the funder’s websites for future reference:
www.communityfutures.com/cms/index.php?id=168

Test your cultural competency with this New Year’s Trivia Quiz: http://puzzles.about.com/od/trivia/!bl_newyearquiz.htm If your score wasn’t as high as you’d like, consider setting a New Year’s goal to become more familiar with the cultures and celebrations of the people you work with. The SEED toolkit at www.embracingdiversity.ca provides a great starting place.

NEW RESOURCES

Leadership Lessons for Transformational Times, Deirdre A. Pickerell and Roberta A. Neault, From the back cover:

Through inspirational quotes, reflective activities and worksheets, and brief articles, the authors share Leadership Lessons from their combined 30+ experience in leading businesses, professional associations, and project teams, as well as supporting countless leaders from diverse sectors and backgrounds. Available at www.lifestrategies.ca



Success: Is it Luck or Planning? by Dr. Jim Bright
<http://content.mycareer.com.au/advice-research/career/luck-or-planning.aspx>

Hope-Filled Engagement: New Possibilities in Life/Career Counselling expresses a person-centered, solution-focused, hope-focused approach that engages people where they are engaged with life and equips them to walk their life/career paths with dignity whatever their challenges. Authors: Gray Poehnell, and Norman E. Amundson
<http://www.lifestrategies.ca/store/proddetail.php?prod=Hope-Filled>

CONGRATULATIONS



Congratulations to the following students:

Margaret Rogers and Avis Hopkins have successfully completed their Global Career Development Facilitator Certificates.



Rosemary Seminuk has successfully completed her Employment Facilitation/Work Search Specialist Certificate.

Mehrnaz Alavi and Jerilyn Teo have successfully completed Personality Dimensions Certified Training



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