



10 THINGS TO DO THIS NEW YEAR

- 1. Be healthier.** Dropping those holiday pounds is a pretty standard New Year's resolution. However, instead of focusing on the pounds, [aim for shifting to a healthier lifestyle](#) incorporating whole, less processed foods, and more exercise. If you smoke, consider cutting out cigarettes; it's not only good for your health, but also your wallet. For extra support, check out this [Health Canada Guide](#) and consider the various [over-the-counter smoking cessation aides](#).
- 2. Stress less.** Focus on your wellness by reducing stress and/or strengthening your coping mechanisms. [Helpguide.org](#) offers some tips for dealing with stressful situations – e.g., learn how to say “no,” avoid bottling up feelings, look at the big picture, write in your journal, go for a walk, and spend time in nature.
- 3. Spend more time with family.** Even a busy professional needs to schedule in time for family. Make a special date night with your partner/spouse and/or a [games night](#) with the kids a reoccurring event. Be sure to mark it on your calendar!
- 4. Travel more.** You may or may not have a specific location in mind; however, no matter where you go, you'll find new people and stories. Be open-minded and try new things (e.g., food, activities). Consider extending a business trip to see the local area.
- 5. Get out of debt.** Holiday spending can exacerbate debt issues. Take a realistic look at your income and expenses. You may find connecting with an accountant, financial planner, and/or [credit counsellor](#) helpful.
- 6. Be more charitable.** Even a small monetary donation is meaningful; however, consider donating your time or resources (e.g., volunteering at the local food bank, donating clothes to a thrift store, giving blood). Get involved with a cause close to your heart.
- 7. Return to school.** Perhaps you've set aside your degree or certificate program because life and/or work commitments became too overwhelming. [Make space](#) in your life to continue your education this year by delegating tasks and asking for help.
- 8. Make professional development a priority.** Even if a full certificate or degree program isn't a good fit for you now, build your skills this New Year through conferences, workshops, webinars, and/or short online (or mixed mode) programs/courses. Work towards an industry-relevant certification – for career development practitioners this may include [GCDF](#), [EVGP](#), or [CCDP](#).
- 9. Update your career portfolio, resume, and/or CV.** Ensure that all your career-related experience/education is anchored in a master resume/CV. Your career portfolio should include copies of relevant certificates, work samples, references, letters of recommendation, thank you notes, etc. Looking for more to include? Consider writing an article and/or contributing to a blog.
- 10. Take on more responsibility at work.** If you're feeling a bit stagnant or underutilized at work, volunteer for a special project and/or ask to take on some additional tasks. This is a great way to demonstrate your initiative and build your skills.



Coming Winter 2013

Check out these upcoming courses; just click on the course names below for more information. If you're completing a CMPP certificate, be sure to plan ahead to ensure you make the 2-year completion deadline – contact the [student advisor](#) for assistance. Make sure you read our course [catalogue](#); it's full of important information for students.

Keep in mind that we can arrange special sessions of any course for intact groups, as well as facilitate workshops on a wide variety of topics. [Contact us](#) to discuss your options.

Starting soon . . .

- **Career Development Foundations, Emerging Theories, and Models – Jan 16**
- **Job Developer – Jan 16**
- **Start A Private Practice – Jan 16**
- **CPE 510: Fundamentals of Psychometric Assessments – Jan 23**
- **Facilitating Work-Life Balance – Jan 23**
- **Job Club Coach – Jan 30**
- **Proposal Writing / Responding to RFPs – Jan 30**
- **Researching Workplace Trends, Career Information, and Employment Possibilities – Jan 30**

CMPP Courses:

- **Theories & Models: Human Development & Life Skills Coaching**
- **Group Facilitation Strategies for Career Programs**
- **Administering and Interpreting Career Assessments**

Certificate Courses:

- **Foundations for Practice in Educational and Vocational Guidance**
- **Majors Personality Type Inventory**
- **Case Manager**

Short Courses:

- **Managing Diversity at Work**
- **Budgets and Business Plans**

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

DID YOU KNOW?



Life Strategies donated to World Vision for Christmas.

In lieu of gifts, our team collected World Vision donations, as we do each year. Together, we were able to provide a life-saving phone for a healthcare worker, a community savings kit, food for starving families for 60 days, and school supplies for 2 Canadian children.

World Vision®



Your Prezi is accessible anytime, anywhere.

A Prezi is a great alternative to traditional PowerPoint presentations and can be accessed on your iPhone or iPad. Just start your Prezi in the cloud and you'll be able to access it from your other mobile devices.



BC's HRMA now includes Yukon members. Although HRMA had included Yukon HR practitioners as extra-provincial members, they didn't have access to full member benefits until now. Learn more [here](#).

Skills training funding now available for micro-business. If you're a BC-based organization employing less than 5 people, you may be eligible to receive up to \$1500 for training to improve efficiency/productivity. [Click here](#) for details.

January 18-20 is Adrian Juric's next hiking retreat. Join Adrian on Bowen Island, BC, and embrace the winter season as a time for listening and restoring clarity. [Register here](#) by Jan 3 for the early bird rate.

NEW RESOURCES

CJCD, Volume 12, Number 1.

[Click here](#) to read articles on hope/opportunity for disadvantaged youth, a model of transition for graduate school students, high school career planning, and more.



Recruitment Management

Solutions from TELUS. Need help recruiting, hiring, and managing talent? TELUS might have a solution for you. [Click here](#) to learn more.

Thoughtstream. Looking for new ways to collect qualitative data or improve collaboration / shared learning? [Check out](#) Thoughtstream and sign up for your free 15-day trial today.



The Art of Social Responsibility and Other Ramblings of a Man Gone Strange. This new LinkedIn group, from [Philip Gray](#), provides a venue for discussion on social responsibility.

SPECIAL PROJECT ANNOUNCEMENT

Life Strategies is excited to announce our involvement with a new research project: Skill Requirements for BC's Career Development Practitioners: An Exploratory Study. The project, commissioned by BC Centre for Employment Excellence (CfEE), seeks to help CDPs do their jobs more effectively. Life Strategies' role will involve the identification of skills CDPs currently need to serve their clients, as well as perceived skill gaps.

As CDPs comprise a diverse set of practitioners, working within a variety of roles and work settings, we'll be reaching out to CDPs both within and outside of WorkBC centres / the new EPBC model to include practitioners in other government-funded programs, public schools, post-secondary colleges and universities, vocational rehabilitation and insurance agencies, and organizations providing services to employees.

For more information, check out CfEE's [website](#).

We'll be collecting data soon so watch our and/or CfEE's website for updates!



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