



## 10 REASONS WHY PAYING IT FORWARD WORKS

Conversations aimed at encouraging people to do good deeds and support local charities are often the focus as Thanksgiving draws near. The *Pay it Forward* movement's approach to good deeds, is a great example of how to give back at any time of the year. We recently surveyed our contacts on this topic and found that all respondents thought paying it forward was a good approach to spreading goodwill, with 93% stating it was a very good approach. While only 82% of respondents were the recipients of good deeds, nearly 96% of respondents had *paid it forward* in one way or another. So, why does this work?

- 1. It's easy to understand.** At the most basic level, paying it forward is simple: helping someone who is in need. It's an easy concept to grasp and put into action, requiring little forethought or a large-scale coordinated effort.
- 2. It's familiar.** We've all likely heard "what goes around, comes around" or "you get what you give." It's a well-known concept in many societies that if you send positivity and goodwill out into the universe, you'll receive positivity and goodwill in return. Consider the notion of [Karma](#) – there are always consequences to your actions.
- 3. It feels good to do good.** You may remember your parents saying it's better to give than to receive. Perhaps as a child, you couldn't see the truth in those words; however, altruism has a positive impact on your [mental and physical health](#).
- 4. It's open to everyone.** Regardless of gender, age, socio-economic status, ability level, language, or ethnicity, anyone can pay it forward. Consider the novel and [movie](#) that popularized the concept. Here, as part of a school project, a school-aged boy helps three individuals asking them to repay the good deeds by helping others.
- 5. It provides an alternative.** Perhaps it's not possible to directly repay someone who helped you out – consider anonymous donations. Paying it forward allows the good-deed receiver to act on their appreciation and spread goodwill to others.
- 6. It doesn't take much.** Just like a pebble tossed in a lake creating ripples on the water's surface, one seemingly insignificant action can have a big impact in the world. Whether it's buying someone a coffee, helping someone whose short change for his/her grocery bill, or giving a homeless person [some assistance](#), these good deeds can have a big impact for those on the receiving end, hopefully inspiring them to assist someone else.
- 7. It builds community.** We are all connected through our international community and, at times, we'll need the support of others to get us through. You can find accounts of paying it forward throughout the world. Check out this [kindness map](#) to see what others are doing and learn how to take part in [International Pay it Forward Day](#).
- 8. It proves there are still good people out there.** Paying it forward is more than just a feel-good segment in the midst of all the negative news; its proof that it's the right thing to do and keeps us focused on the positive.
- 9. It provides hope for the future.** Building on a hopeful and optimism view for the future, paying it forward gives us faith that the world can be a better place if we try to make it that way.
- 10. It's contagious.** When we surveyed our contacts on this concept, one respondent reported a drive thru where person after person was paying for the individual's order behind them. A seemingly endless stream of paying it forward. Perhaps it was a sense of obligation; however, we'd like to think this small good deed truly caught on.



## Coming FALL 2012

Check out these upcoming courses; just click on the course names below for more information. If you're completing a CMPP certification, be sure to plan ahead to ensure you make the 2-year certificate 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 . . .

- [Look Before You Leap: Self-Employment Survival Strategies – October 3](#)
- [Administering and Interpreting Career Assessments – October 3](#)
- [Proposal Writing / Responding to RFPs – October 10](#)
- [Helping Skills to Facilitate Career Development – October 10](#)
- [Personality Dimensions Facilitator Level 1 / Bridging – October 17](#)
- [Outplacement and Career Transitions – October 17](#)

### CMPP Courses:

- [Ethics Essentials for Career Practitioners](#)
- [Work Search Essentials 1: Resumes, Cover Letters, and Career Portfolios](#)
- [Career Coaching](#)
- [Work Search Essentials 2: Interview and Negotiation Strategies](#)

### Certificate Courses:

- [Let's CHAT!](#)
- [Case Manager](#)
- [Majors PTI](#)
- [Job Club Coach](#)

### Short Courses:

- [Marketing Programs and Services](#)
- [Start a Private Practice](#)
- [Budgets and Business Plans](#)

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

# DID YOU KNOW?



**NCDA 2013: Celebrating 100 Years of Career Development.** The upcoming 2013 NCDA conference, July 8-10, 2013, marks the 100th conference. Check out the newly available conference [website](#); interested in presenting? Get your proposals in by October 3.



**Next Inner Landscapes Retreat Nov 16-18.** Join Adrian Juric for this weekend, hiking retreat at the Sea to Sky Retreat Centre just south of Whistler focusing on [Understanding Transition in Life: Lessons from Nature](#).

**Motivational Interviewing 3-Day Intensive Training to Follow CANNEXUS 2013.** CCDF and Roxanne Sawatsky of [Empowering Change](#) will be offering a 3-day intensive Motivational Interviewing training immediately Jan 31 – Feb 2, 2013 in Ottawa. Space is limited, register by Nov 21. For more information, contact [Marie Anne Bédard](#).

**From Coding to Networking: Building Moodle on a Human Scale.** From Feb 12-15, 2013, this conference invites Moodle communities to join in collaboration, innovation, and community building at the [Moodle Moot](#) pre-conference and conference in Vancouver, BC.

# NEW RESOURCES

## Map of Youth Employment Agencies.

[First Work](#) and its partners are seeking to develop an online map showing the locations and contact information for youth employment agencies throughout Canada. For more information or to get your agency on the map [click here](#).



**Advocating, Educating, Inspiring: The Expanding Role of Career Professionals.** Check out this latest article from NCDA regarding the role of career professionals today. [Click here](#) to read.

**EQi 2.0 Certification.** Get certified to use this new tool with the [Emotional Intelligence Training Company](#).

**New CERIC Webinar on Assessment in the Group Setting.** Join Serena Santillanes, Career Journeys, Inc., Nov 8th as she discusses Strategies for Effectively Interpreting Career Assessments in a Group Setting (12:00 pm – 1:00 pm ET). For more information or to register, [click here](#).

# STUDENTS OF THE MONTH



Celina, Verna, Janine

This month, we're excited to highlight three students from the Northwest Territories who worked simultaneously on their CMPP certificates offering each other support along the way. Congratulations to Celina Jerome, Janine Blake, and Verna Pope, it's been a pleasure having you in our courses!

From Celina: I've worked in career development over five years and I really enjoy assisting people with their career goals. Taking these online courses through Life Strategies has really given me more insight on how to better assist clients with their career goals and well as perfecting my techniques. Thank you so much for this great opportunity.

From Janine: The instructors and resources for CMPP were excellent and I also enjoyed learning from my fellow participants from other regions about their work and best practices. Taking the program together was a great motivator as we often asked each other "did you read the discussion board on this topic – there's some great information or have you started your assignment yet?" It was great that we were able to keep each other motivated because our days were busy with work and our evenings/weekends were busy with the courses but I am grateful for all that I have learned and for the support that life strategies offered!

From Verna: I have worked in the career development field for numerous years. As a career practitioner, I am able to be a part of a Client's career goals along with successes and challenges. I enjoyed the taking the CMP Program with Life Strategies as I was able to see other learners' perspectives on career development experiences, the sharing of best practices and resources. I learned a lot of new concepts and the course structure was accommodating.



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