

CELEBRATING MAYBE

Welcome to May! This month, we are playing on the word *May* and thinking about the related word *maybe*. Maybe is often seen as a negative word — a polite way of saying no. But what if you took all the maybe's in your life and started hearing them for what they are? A maybe is a possibility. What if you thought to yourself "maybe" and considered saying yes? What if someone told you "maybe" and you heard it as an opportunity instead of a rejection? Think about it, and enjoy your May — and your maybe's!

Announcing Ways2Work!

Ways2Work is a great new program designed to get you ready for the job market in 4 weeks. Here's some of what you'll get:

- ◆ Smart Serve, First Aid, Safe Food Handling and WHMIS certification
- ◆ Tours of local businesses
- ◆ Guest speakers from the community
- ◆ Payment for participation
- ◆ New skills to help you get and keep a job and handle whatever life throws at you

You must be 15-30, out of work and school, legally able to work in Canada and not getting EI benefits.

For more info, call John Ford at 519-823-2440!

Ambivalence

By Natalie Cooper (Fergus Office)

I was asked to write this article and was feeling mixed about it. I wanted to contribute and be a team player, but at the same time I was reluctant. What if I did not write the article appropriately, or did not have the right answers? This is what's known as *ambivalence*. Ambivalence is when someone feels two ways about something: "I want to...but I don't want to". It is a common experience that most of us go through at some point in our lives.

With job searching, this becomes particularly relevant when ambivalence causes people to become "stuck". There can be a need and desire to work, but also fear and negative thinking about working or making change, including having thoughts such as "will I succeed at this job?", "how will I get along with my co-workers?" or "what if I miss my kids too much?"

So, the question is: how do you deal with this ambivalence? The first step comes with readiness. No one can force you to job search or to accept a job; you must take responsibility for choosing to go forward or not. Remember, doing nothing is still making a choice! But is it the choice you want?

Sometimes it helps to ask yourself what is good about things staying the same. What is keeping you where you're at? Then figure out what would be good about the change. How does one compare to the other? You can also ask yourself "what am I afraid of"? Sometimes just naming your fears will help calm them. Other times you can plan steps to take that will address what you're afraid of. For example, if you're nervous about meeting new people, try practicing by introducing yourself and making small talk in non-work situations.

It can be hard to get past those "stuck" points and stay motivated, so don't be afraid to ask for help. An employment counsellor, guidance counsellor or positive, non-judgmental friend or relative can be a valuable coach as you deal with ambivalence. Good luck!



*Courage is saying,
 "Maybe what I'm
 doing isn't working;
 maybe I should try
 something else."
 ~ Anna Lappe*

Don't forget to check the back for workshops, job fairs and other events...

May 2008 ~ 2nd CHANCE EVENTS

**Questions? Ask any 2nd Chance staff
or call our main office at 519-823-2440**

Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2	
	5	6	7 YWAP/ Keys to Workplace Survival Workshops (Norfolk) 1-3	8 Movie Night @YRC 4:30-6:30pm	9
12	13 Ace the Interview Workshop (Norfolk), 1:30-3:30	14 YWAP/ Keys to Workplace Survival Workshops (Norfolk) 1-3	15 Movie Night @YRC 4:30-6:30pm	16	
	19	20 Ways2Work Program Starts	21 YWAP/ Keys to Workplace Survival Workshops (Norfolk) 1-3	22 Movie Night @YRC 4:30-6:30pm	23
	26	27	28 YWAP/ Keys to Workplace Survival Workshops (Norfolk) 1-3	29 Movie Night @YRC 4:30-6:30pm	30

Workshop Descriptions:

YWAP:

Learn how to avoid accidents at work - and what to do if they happen!

Keys to Workplace Survival:

You can survive and succeed in your job! Learn how!

Ace the Interview:

Wow employers by presenting your skills like an expert!

Customer Service 101:

Crabby customers? No problem! Learn how to turn complaints around, and how to avoid them in the first place.

Please call 519-823-2440 for more info on these or other listed events

Where is 2nd Chance?

Downtown Guelph

177 Norfolk St., 519-823-2440

Monday to Friday

8:30 am to 4:30 pm

Youth Resource Centre

Stone Road Mall, 519-823-2818

Monday 9:30 to 4:30

Tuesday 9:30 to 6:30

Wed/Thurs 9:30 to 7:00

Friday 12:00 to 4:30

Fergus

160 St. David St., 519-843-5513

Monday to Friday

8:30 am to 4:30 pm

NOTE: Workshops are also held at schools and other organizations in the community. For more information, check www.2ndchance.ca/jobs/events.shtml or give us a call!