

People On The Move



Fall Edition 2006



Job Hunt Gumbo

Objective: To gain satisfying employment

Prepare: Resume & Ourselves

Combine the following ingredients:

- A good measure of positive attitude
- Motivation
- A Sense of purpose
- Ambition
- Assertiveness
- Time management

Mix with a reliable support system, good self-marketing/ communication skills, know your strengths & weaknesses and how ultimately to place a positive spin on everything, including rejection.

Baking times may differ.

Serve varying portions to prospective employers!!

HEARTY CHICKEN GARDEN VEGETABLE SOUP

- 5 3/4 cups chicken broth
- 1 pound skinless boneless chicken breasts
- 1 medium onion, chopped
- 2 tablespoons olive oil
- 1 garlic clove, minced
- 4 medium carrots, cut diagonally into 1/3-inch thick slices
- 2 celery ribs, cut crosswise into 1/3-inch thick slices
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 3 tablespoons finely chopped fresh parsley leaves

While chicken is simmering, cook onion in oil in a 4 quart heavy pot, covered, over moderate heat, stirring occasionally, until softened but not browned, about 6 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute. Add carrots, celery, salt, and pepper and cook, covered, stirring occasionally, until softened, 8 to 10 minutes. Add chicken broth and simmer, covered, until vegetables are tender, about 10 minutes. Remove from heat.

While vegetables are cooking, cut chicken into 1/4-inch wide strips (about 1-inch long). When vegetables are done simmering, stir chicken into soup along with parsley.



September 22, 2006

Dear Helen, Judy, Tracey and Maria,

First of all, thanks for the encouragement and excellent training I received at The Winnipeg Transition Centre. We were trained to make cold calls and take note of the names of important contacts. This worked well for me. I made a cold call to the Winnipeg Regional Health Authority, and because of my credentials I was given a name to contact. When I followed up on that lead I had an encouraging conversation with a person in Human Resources, who advised me to send multiple job applications to WRHA, one per position listed that I



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Thinking Outside the Box Strategies

Looking at the BIG Picture!

Imagine you're a bank machine. How does it feel when you make a withdrawal versus a deposit? How often do we run out of envelopes and flash "Out of Order Need Maintenance"? How can we be more user friendly to others and ourselves?

"What can we do to upgrade and fix our own operating systems so that our withdrawal and deposits balance?"

Did you know that 85% of available positions are never advertised?

Find out how you can tap into the hidden job market.

Call the Winnipeg Transition Centre to register for the next orientation. Phone: 338-3899

Interview Tip of the Month

"What are employers looking for?"

It is not always the most qualified person who gets hired but the one who is most likely to "fit" in with the other employees as well as the goals of the organization.

Do your research prior to the interview including, company values, mission statement, environment, community involvement and career opportunities within the company.

Remember it is a two-way interview; you are also looking for the right "Fit" for you.

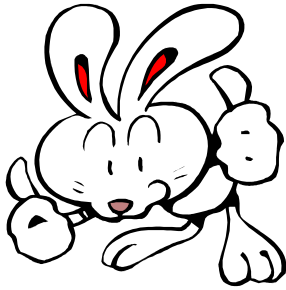


Bunnifucious says

" Our greatest glory is not in never falling, but rising every time we fall."



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Stay tuned for more ear to the ground wisdom from **Bunnifucious** in the next edition of **People On The Move**.
Be a part of **People On The Move**. For more information call Judy at 338-3899.

