



New Year, New Plan: Taking Stock

Hi, my name is Evelyn Miller and on behalf of the Job Links team, I would like to wish everyone a happy, healthy and safe 2021. My background is in social work and at Job Links, my main role is supporting individuals who've gone back to school or who are heading into the job market for the first time, or the first time in years.

Every so often, it's good to take stock, to consider what's important and what can be let go. Marie Kondo, guru of home decluttering, tells her clients to keep only what "sparks joy." Before grocery shopping, we take stock of what's in the pantry so we get what we need. Taking stock means figuring out what's important, what's meaningful, so we can take action that will get the most useful results.

2020 was, to put it mildly, a challenging year. Our lives have been turned upside down and sideways: jobs have disappeared, we're working from home, our kids are in school one day and home the next. In this New Year, with light appearing at the end of the COVID tunnel, it may just be the perfect time to re-evaluate, to figure out what's important. In short, to take stock.

If taking stock of your employment situation involves ideas and worries whirling in your brain till you think you'll to explode, focusing your thoughts can be useful. **Here's an idea to try: Get a pen and paper and write down the answers to the following questions:**

- #1** What's most important to me in life? Family? Friends? Money? Doing your best? Following your passion? Something else? Choose 2 and write them down. These are your touchstones.
- #2** Make a list of all the things you know how to do. Don't stop at the jobs you've done, write down *everything*.
- #3** Ask yourself what kind of work would make sense with what's important to you in life and what you know how to do. Write down as many ideas as you can, then pick the top three most likely to work out.

Now you've got the beginnings of a plan. To complete the plan you will want to talk it over with someone. Our free service is here for you. Give us a call or contact us via email. Here's to 2021 and starting fresh!

Recruiter's Corner

Free online workshop: January 2021

Job Links will be starting 2021 by offering free monthly workshops, online, all with a variety of topics relating to your professional life. To register please visit <https://forms.gle/ysG7oyFUWxs3iu4S6> or call us.

The first workshop will be January 27th and 28th: “Dreams with roots - Root your career in the right training” If you're thinking of going back to school, this interactive workshop will equip you with tools to explore vocational and academic programs available in Quebec. You'll get: information on different courses and their prerequisites, where the courses are given, course costs, employment potential and average salaries in your chosen field and more.

To get the latest news from Job Links, visit our website <http://joblinks.etsb.qc.ca> or look us up on Facebook at [facebook.com/JobLinksEasternTownships](https://www.facebook.com/JobLinksEasternTownships).

For more information about Job Links:

Phone: 819-566-2422 ext. 0

E-mail: joblinks@etsb.qc.ca

Website: <http://joblinks.etsb.qc.ca>

Facebook: [facebook.com/JobLinksEasternTownships](https://www.facebook.com/JobLinksEasternTownships).

We look forward to helping you!