



## **Exploration: Having a better understanding of who you are!**

Hi, my name is Jessica Girard and I am a guidance counsellor at Job Links, the employment/guidance counselling service for the adult Anglophone population of the Eastern Townships. I accompany clients in all of our services but my main focus is Guidance Counselling.

Guidance counselling can be used at different times throughout your life. You can seek services early on in our life, like when you are trying to figure out which path to choose after high school. There are some who also need this type of counselling later on in life as they attempt to figure out what to do after retirement.

During this process, one of the most important things that we do is explore! Exploration helps clients have a better idea of who they are: what are their interests, values, aptitudes, personality traits, resources and limits. Moreover, exploration also helps clients have a better understanding of the various programs and professions as well as a better understanding of the job market.

Exploration can be done in different ways! In fact, we can learn more about ourselves by:

- ❖ Looking back at the positions we held, the volunteer work we've done as well as the hobbies we have;
- ❖ Doing activities that focus on self-exploration;
- ❖ Completing various types of assessments (ex. Interests, aptitudes etc.);
- ❖ Asking yourself some questions (ex. What kind of lifestyle do I want?).

For help with exploration and to receive guidance counselling services, we invite you to contact us at [joblinks@etsb.qc.ca](mailto:joblinks@etsb.qc.ca) or at 819 566-2422 (extension 0). It will be our pleasure to help you with your exploration!

## **Recruiter's Corner**

### **Free online workshop of the month**

Job Links will be hosting, on April 27th and 28th, a workshop dedicated to helping individuals with self-exploration. To register please visit <https://forms.gle/ysG7oyFUWxs3iu4S6> or call us.

During the workshop, we will cover what self-exploration is and guide the attendees in order to help them have a better idea of who they are as individuals.

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://facebook.com/JobLinksEasternTownships).

For more information about Job Links:

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We look forward to helping you!