



Starting:
May 3rd, 2019 to
August 9th, 2019
11:00 am–2:00 pm
Fridays

Workshop Dates:

May: 3, 10, 17, 24, 31
June: 7, 14, 21, 28
July: 5, 12, 19, 26
August: 2, 9

Location:

CET Brampton East
263 Queen St East #14
Brampton, L6W 4K6



Website: www.miag.ca

Light refreshments
will be served!



Building Bridges is funded by:



Building Bridges

FREE

Are you interested in:

- Discovering your inner self and skills?
- Increasing employability skills and exploring career opportunities?
- Developing facilitation and leadership skills?

Then this program is for you!

In this **3 phase program** we will explore different aspects of self-development designed to enhance your skills and achieve your goals.

Phase 1: Get to know more about yourself through the True Colours personality test and build facilitation skills in the Communication workshop.

Phase 2: Enhance your technical skills to prepare for the workforce during workshops on Employment Resources & Tools and Networking.

Phase 3: Learn how to better manage life and develop community engagement skills in the Financial Planning, Balanced Life, and Fundraising workshops.

For more information call (905) 270-6252
or Email: melissa@miag.ca





CENTRE FOR DIVERSE WOMEN & FAMILIES

Building Bridges – Training topics

Program Week	Topic
Phase #1	1 st May 3 rd
	Program objective, phases, responsibilities, assignments and registration process. Goal setting importance and time management.
	2 nd May 10 th
	Discover your Inner Self: <ul style="list-style-type: none"> Identify yourself and personality types Distinguish your strengths, values, joys and motivations (Understand power styles of yourself and others) Gain insight into what makes others tick... as well as what ticks them off! Recognize the commonalities and differences of personality styles to be able to work efficient with individuals and groups
	3 rd May 17 th
	Importance of Self-Care: <ul style="list-style-type: none"> Physical health (Importance and how to access resources in the community) Mental health (How to recognize signs of a possible issue and resources available to overcome and maintain your well-being)
	4 th May 24 th
	Developing Leadership skills: <ul style="list-style-type: none"> Definition & Concepts Impacts of Gender & Culture Leadership in your community (Discussion of practical community development initiatives for activity at the end of the program, how to work with your own community)
	5 th May 31 st
	Communication Strategies: <ul style="list-style-type: none"> Public speaking and presentations (Techniques) Facilitation (Concept and techniques) Media Relations
Phase #2	6 th June 7 th
	Importance of volunteering: <ul style="list-style-type: none"> Volunteer for job and business purposes Volunteer for community development Volunteer resources and tools Benefits of volunteering
	7 th June 14 th
	Importance of Networking: <ul style="list-style-type: none"> What is Networking? Networking techniques How to create an elevator speech Reasons for networking (Job search, business and community development) Important business etiquette when networking
	8 th June 21 st
	Women and entrepreneurship: <ul style="list-style-type: none"> How to start a business Women entrepreneurs in our community Resources available in our community for women entrepreneurs
	9 th June 28 th
	Employment resources and tools: <ul style="list-style-type: none"> Resume and cover letters Job search techniques and etiquette Job Interview preparation
	10 th July 5 th
	Canadian ethics in a workplace environment: <ul style="list-style-type: none"> Canadian Human rights Multiculturalism in Canada Discrimination in Canada Racism in Canada



CENTRE FOR DIVERSE WOMEN & FAMILIES

Phase #3	11 th July 12 th	Balanced life: <ul style="list-style-type: none">• Family relationships and dynamics• How to be parenting with cross cultural communication issues
	12 th July 19 th	Financial planning in your reality: <ul style="list-style-type: none">• Financial literacy• Budgeting• Investments Mediation and Conflict Resolution
	13 th July 26 th	Community Engagement: <ul style="list-style-type: none">• Community Development• Cross Cultural Communication• Civic Participation
	14 th Aug 2 nd	Fundraising in your community: <ul style="list-style-type: none">• How to plan a fundraising• How to recruit volunteers• How to find sponsors• Fundraising ethics
	15 th Aug 9 th	Project presentation – participants will facilitate a 5 minutes presentation.

In collaboration with



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Education & Training™**

The **Power** of **Change**. The **Passion** for **Growth**.