



COSTI EMPLOYMENT SERVICES

ONLINE SPECIAL EVENTS | JUNE 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 VIRTUAL MEDITATION 3:00 pm—4:00 pm TO REGISTER CLICK HERE</p> <p>LIFE SUCCESS STRATEGIES WORKSHOP (3 WEEKS) TO REGISTER CLICK HERE</p> <p>YOUTH JOB CONNECTION (YJC) WORKSHOP (2 WEEKS) TO REGISTER CLICK HERE</p>	<p>2</p>	<p>3 YOUTH JOB CONNECTION & YOUTH JOB CONNECTION SUMMER—INFORMATION SESSION 2:00pm—3:00 pm TO REGISTER CLICK HERE TO EMAIL</p> <p>EVENING ACE YOUR INTERVIEW 7:00 pm—8:00 pm TO REGISTER CLICK HERE</p>	<p>4 ELITE RESIDENTIAL CONCIERGE VIRTUAL JOB FAIR 11:00 am—2:00 pm TO REGISTER CLICK HERE</p>	<p>5 MOCK VIRTUAL INTERVIEW 10:00 AM—12:00 PM TO REGISTER CLICK HERE TO EMAIL</p> <p>BAIN AND COMPANY NETWORKING EVENT 11:00 PM—1 :00PM TO REGISTER CLICK HERE</p>
<p>8 VIRTUAL MEDITATION 3:00 pm—4:00 pm TO REGISTER CLICK HERE</p> <p>YOUTH JOB CONNECTION (YJC) WORKSHOP (2 WEEKS) CLICK HERE TO REGISTER</p> <p>EDGE: JOB-TRAINING FOR PEOPLE WITH DISABILITIES (3 DAYS A WEEK FOR 4 WEEKS) 10:00 am—2:30 pm TO REGISTER CLICK HERE</p>	<p>9 GET YOURSELF MOTIVATED 2:00 pm—3:30 pm TO REGISTER CLICK HERE</p>	<p>10 YOUTH JOB CONNECTION & YOUTH JOB CONNECTION SUMMER—INFORMATION SESSION 2:00pm—3:00 pm TO REGISTER CLICK HERE TO EMAIL</p> <p>EVENING WRITING A STRATEGIC RÉSUMÉ 7:00 pm—8:00 pm TO REGISTER CLICK HERE</p>	<p>11 CREDENTIAL EVALUATION AND ASSESSMENT 3:00 pm — 4:30 pm TO REGISTER CLICK HERE</p>	<p>12 MOCK VIRTUAL INTERVIEW 10:00 am—12:00 pm TO REGISTER CLICK HERE TO EMAIL</p>
<p>15 VIRTUAL MEDITATION 3:00 pm—4:00 pm TO REGISTER CLICK HERE</p> <p>SPEAK TO A PROFESSIONAL COUNSELLOR—CLICK HERE TO MAKE AN APPOINTMENT</p>	<p>16</p>	<p>17 YORK REGION VIRTUAL JOB FAIR 11:00 am—2:00 pm TO REGISTER CLICK HERE</p> <p>YOUTH JOB CONNECTION INFORMATION SESSION 2:00 pm—3:00 pm TO REGISTER CLICK HERE TO EMAIL</p>	<p>18 PROTECTING YOURSELF AGAINST JOB SEARCH SCAMS 2:00 pm —3:30 pm TO REGISTER CLICK HERE</p>	<p>19 MOCK VIRTUAL INTERVIEW 10:00 am—12:00 pm TO REGISTER CLICK HERE TO EMAIL</p>
<p>22 VIRTUAL MEDITATION 3:00 pm—4:00 pm TO REGISTER CLICK HERE</p> <p>SPEAK TO A PROFESSIONAL COUNSELLOR—CLICK HERE TO MAKE AN APPOINTMENT</p>	<p>23</p>	<p>24 STRESS MANAGEMENT 10:00 pm—11:30 pm TO REGISTER CLICK HERE</p> <p>YOUTH JOB CONNECTION & YOUTH JOB CONNECTION SUMMER—INFORMATION SESSION 2:00 pm—3:00 pm TO REGISTER CLICK HERE TO EMAIL</p>	<p>25 MAXIMIZING YOUR APPLICATION SEARCH 2:00 pm— 3:00 pm TO REGISTER CLICK HERE</p>	<p>26 MOCK VIRTUAL INTERVIEW 10:00 am—12:00 pm TO REGISTER CLICK HERE TO EMAIL</p> <p>CREDENTIAL EVALUATION AND ASSESSMENT 10:00 am—11:30 am TO REGISTER CLICK HERE</p>
<p>29 SPEAK TO A PROFESSIONAL COUNSELLOR—CLICK HERE TO MAKE AN APPOINTMENT</p>	<p>30</p>			

June Special Event Descriptions

COSTI Employment Services is offering all employment workshops online in the form of webinars and virtual meetings. To register for any of our special events, click on the links (HERE + Ctrl) or contact us at 647.827.1425.

To access the Online Services workshops go to [COSTI ONLINE SERVICES](#) and create an account. You will then be directed to the courses.

BAIN AND COMPANY NETWORKING EVENT: Join us for a virtual coffee chat with experts from various industries. This is a way to connect with amazing new people, hear from experts on their career journey and get a different perspective on your own career path.

CREDENTIAL EVALUATION AND ASSESSMENT: Are You internationally trained and looking to start working in Canada. Join us for this informative session where you will find out how and where to get your credentials evaluated.

EDGE: JOB-TRAINING FOR PEOPLE WITH DISABILITIES: Brands for Canada's EDGE program is one of the most comprehensive job-training programs in Canada for individuals with disabilities. It assists individuals with disabilities to gain a competitive edge to enhance their potential for sustainable employment. Participants build professional and life skills through a four-week online program.

ELITE RESIDENTIAL CONCIERGE VIRTUAL JOB FAIR: Elite Residential Concierge provides security and concierge services for luxury condominiums in Toronto and the Greater Toronto Area, is looking to hire permanent full-time security professionals with experience in condominium concierge services for locations in Mississauga.

EVENING ACE YOUR INTERVIEW: Join our evening webinar series! The Interview is key to getting a job. Discover how to handle challenging interview questions with confidence; learn how to collect, compile and present information that showcase your skills and experience; find out the common mistakes that happen in interviews and how to avoid them.

EVENING WRITING A STRATEGIC RÉSUMÉ: Join our evening webinar series! Two-hour résumé writing workshop. Join us to learn how to create résumé that will get noticed by employers.

GET YOURSELF MOTIVATED: During challenging times it may be difficult to get yourself motivated to explore new options or to continue and improve what you are doing. These last few months we have been living challenging times and therefore sometimes find it hard to keep going. Join us for a one hour discussion of what is motivation and how you can use it to change your thinking.

LIFE SUCCESS STRATEGIES WORKSHOP: Join us for a three week program that offers individual coaching and group online workshops. This program is offered to clients living in York region.

MAXIMIZING YOUR APPLICATION SEARCH: Meeting with the senior HR consultant who will share with you the knowledge and insights of the Canadian Labour Market as an HR professional.

MEDITATION MONDAYS : COSTI is committed to supporting clients and promoting self-care during these uniquely stressful times. Meditation (or mindfulness practice) is a beautiful way to stay grounded. It teaches us to be in the present moment so that we can savor the good times while better managing the trying ones. It helps us to stay connected with our true essence, building our sense of self-love and worth. Studies have linked mindfulness to better concentration, peace of mind, increased focus, and boosts of memory.

MOCK VIRTUAL INTERVIEW: During these challenging times, how we interview has changed. Take our Ace Your Interview webinar and then sign up to practice your interview skills using Zoom, one of the many online platforms.

PROTECTING YOURSELF AGAINST JOB SEARCH SCAMS: Join us for a 2 hour Webinar on "How to Protect yourself from Job Search Scams". Key insights will be shared on various types of job search scams in operation and how to identify ways to steer clear. The Webinar will discuss how to Recognize, Reject and Report Job Search Scams.

SPEAK TO A PROFESSIONAL COUNSELLOR: New to COSTI? Need to speak to someone who can answer your employment questions? Click on the link to register to virtually meet with one of our professional employment consultants

STRESS MANAGEMENT: Are you feeling overwhelmed and stressed? Finding it hard to balance life right now? Do see yourself having the tools to manage stress differently can make a real difference? In this workshop, we will identify the triggers of stress and provide techniques to support changes in life to create a more balanced lifestyle. You will also develop skills relating to goal setting, prioritizing and managing life's demands.

YORK REGION VIRTUAL JOB FAIR: Connect with local employers without leaving your home. Discover exciting career opportunities that match your skills. There is no cost to participate.

YOUTH JOB CONNECTION INFORMATION SESSION (YJC): This program serves youth aged 15-29 years of age and that are out of school and out of work.

YOUTH JOB CONNECTION—SUMMER (YJC-S): This program targets youth aged 15-18 years of age that are still attending school. These are paid work search & job placement programs that assist youth experiencing multiple barriers to employment.