

INVESTING IN WOMEN'S FUTURES EMPLOYMENT SKILLS WORKSHOPS

If you have experienced any form of gender based violence and are looking for employment, or to gain more skills and knowledge, please join us for these FREE workshops.

Participants are encouraged to register for all sessions to maximize the benefits of these workshops, however this is not a requirement and individuals are welcome to register for individual sessions.

Pre-registration is required.

Funding is available to assist with transportation if needed.

Eligibility requirements:

- Woman identified individuals
- Experienced any form of gender based violence



**5 SESSION SERIES, STARTING
MONDAY FEB 24TH, 2025**



**613-549-1180 OR
INTAKE@RESOLVECOUNSELLING.ORG TO
REGISTER**



10:00AM - 12:00PM



**KEYS EMPLOYMENT SERVICES
182 Sydenham St, Kingston**

MON FEB 24TH, 2025

Decisional Balance - Getting Unstuck
Explore what might be keeping you stuck in your current situation, as it relates to finding a job. Evaluate the pros and cons of change and discover why it feels so scary.

WED FEB 26TH, 2025

Your Rights! Employment Standards
Do you know what your rights are in the workplace? The Employment Standards Act protects your rights as a worker and sets standards for the work place. Learn more about the world of work and what you should expect from your future employer.

MON MAR 3RD, 2025

Resume Right
Learn about the purpose and power of a well written resume. Learn how to match your resume to the job goal, avoid common mistakes, while and about AI screening tools to improve your resume.

WED MAR 5TH, 2025

Acing The Interview
Learn how to best prepare for interviews, calm your nerves and boost your confidence. Discover new strategies to help you leave a positive impression on interviewers.

MON MAR 10TH, 2025

Where Are The Jobs In Kingston?
Learn about the local labour market, what key skills and qualifications employers are seeking, and strategies to align your personal goals with local labour market projections.