

EMPLOYMENT & EDUCATIONAL WORKSHOPS



PREPARE FOR THE JOB MARKET & LEARN ESSENTIAL LIFE SKILLS

MEPEC'S 2023-2024 PROGRAM OF ACTIVITIES

CAREER GUIDANCE WORKSHOPS

World of Choices

Young Adults 15+

Explore and learn about different career paths directly from professionals in the field!

This program brings students together with career mentors working in desired fields, industries and professions. In small sessions, students learn first-hand what it takes to be successful. Each student can participate in interactive sessions that will open up a world of choices for Canada's youth. Each session is allotted time for questions and interactive conversations.

Who You Are Matters

Young Adults 15+

Ignite your career journey: Join 'Who You Are Matters' Workshop for Career Growth & Connection.

Led by an impact career coach, this workshop's aim will be to provide a supportive and engaging environment where participants can explore their personal and professional aspirations, connect with like-minded individuals, and gain the guidance and insights necessary to navigate their career paths successfully. Participants will get to identify their strengths and weaknesses, practice empathy, and leave with a clearer career plan!

JOB PREPARATION TRAINING WORKSHOPS

CV, Cover Letter and Job Search

Young Adults 15+

Does your CV match the current job market standards and criteria? Reveal your potential and stand out!

This workshop's aim will be to provide tips for searching for a job, writing an effective CV and cover letter. Participants wishing to adapt their CVs and cover letters to French or English will get the opportunity to book a one-on-one CV consultation session with an employment and career guidance & counsellor.

Prepare for your next Job Interview

Young Adults 15+

Have you ever wondered what it takes to have a good interview and get hired?

This workshop will provide participants with the do's and don'ts to help them prepare for a job interview. Interactive mock job interviews will be conducted where participants can learn how to answer common interview questions in both English and in French. Participants will get the opportunity to book a one-on-one career consultation session with an employment and career guidance & counsellor.

FINANCIAL LITERACY WORKSHOPS

Economics for Success

Young Adults 15+

Prepare for the world of work with insights on the right financial tools to thrive.

This very popular program leads students through a reflection on the importance of continued education, life after high school as well as what's needed to succeed in today's workforce. Payroll deductions and taxes will help students understand how their work helps pay for public infrastructure and services. Students will create a budget to help prepare them for the financial reality of post-secondary life.

Dollars with Sense

Young Adults 15+

Learn how to make smart financial decisions, live debt-free and become a savvy investor.

This exceptional program teaches students to understand the importance of setting goals, saving money and making smart decisions to manage their finances responsibly. With the help of games, students will learn how to avoid the pitfalls of credit and debt. They also learn about the history of money, the various forms of consumerism and budgeting money for a project.

WORKERS' LEGAL RIGHTS WORKSHOPS

Know your rights

Young Adults 15+

"Can I be fired for taking a sick day?", "Is it legal to be paid in cash?", "What are my rights after I lost my job?"

These questions and more will be answered in the "Know Your Rights" workshop. Participants in this interactive workshop will learn about what rights and responsibilities they and their employer have.

Working: Not at all costs

Young Adults 15+

Expand your legal knowledge and competencies to identify situations of potential harassment in the workplace

Students become aware of harassment in the workplace through a quiz and scenarios. Demystify various legal concepts, such as harassment, intimidation and violence (including certain crimes: threats, assault, sexual assault and criminal harassment) They also learn about possible remedies and resources they can turn to if they experience or witness harassment

To register, scan the QR CODE



Partenariat de l'est de la Montérégie pour la communauté d'expression anglaise

Monteregie East Partnership for the English-Speaking Community