

EMPLOYMENT AND LIFE SKILLS PROGRAM

The Employment and Life Skills Program (ELS) is an empowerment program for immigrant women to take action to improve their circumstances. The program is offered free of charge and is a series of online sessions to support participants as they plan and prepare for their future in Canada. The training provided builds confidence and skills in the areas of:

- Career Planning & Job Search
- Effective Resume Writing
- Job Applications & Applicant Tracking Systems
- Personality Dimensions
- Interview Skills
- LinkedIn & Networking
- Canadian Business Culture
- Community Resources & Training Programs



PROGRAM CRITERIA

- Permanent Resident, Convention Refugee, or CUAET Status.
- Must have CLB level 4 or above.
- Must be currently living in Canada.
- Self-identifying immigrant woman. This program is open to non-binary and gender-diverse people.

Who Are We?

Making Changes Association is a dynamic non-profit, registered charity that empowers women, those who identify as women, and teen girls by providing them with the skills, confidence, and resources to support their pursuit of meaningful work and educational opportunities. Programs include Women in Technology, Employment & Life Skills, Dress for Success Calgary, and My Best Friend's Closet.

Looking to Get Involved?

We rely on the support of funders, donors, and volunteers to keep programs no-cost and accessible to all clients. If you know any individual who may benefit from this program, please share our contact email with them: employmentlifeskills@makingchangesassociation.ca

Making Changes Association

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