



Webinars

April to June 2022



Our spring webinar schedule is now available. We have designed our latest **Connection and Community Weekly Webinar Series** with both **employers and job seekers/entrepreneurs** in mind. Please join us online in **GoToTraining** for this series of **interactive sessions**. Anyone is welcome to attend, free of charge!

For further information please email [classroom1 \[at\] makeachangecanada.com](mailto:classroom1@makeachangecanada.com).

To register, please sign up for the sessions listed below.

NEW! How to Define Success Your Way
With Louise Doyle, Business Advisor, and Tara Thom Burnett, Employment Specialist

Tuesday, April 26 at 11:00 a.m. Pacific (2:00 p.m. Eastern)

The internet and self-help literature are full of advice on **how to be successful**. But how do you really **define and measure** success anyway? What may be right for you is not necessarily right for someone else. This is precisely why the common standards for success you often see don't necessarily apply to everyone. Join Louise and Tara in this webinar as they explore the various definitions of success and help you to **define success your way!** This is an exciting opportunity for new beginnings. Register today!

Registration for this session is now closed

NEW! Effective Communication Techniques for the Workplace and Beyond
With Tara Thom Burnett, Employment Specialist, and Holly Penner, Workforce Opportunities Specialist

Tuesday, May 3 at 11:00 a.m. Pacific (2:00 p.m. Eastern)

Communication is consistently ranked as one of the **top five skills that Canadian employers desire** in their employees. Strong communication skills improve your ability to develop good working relationships with coworkers and clients, help you better understand others' points of view, and allow you to share information more effectively. Improving your communication skills can also lead to **greater harmony in your daily life** and reduce your overall feelings of stress. In this webinar Holly and Tara will cover the most **essential communication strategies**, such as active listening, perception checking, and nonviolent communication methods. You will also discover some **common miscommunications** that can occur in the workplace and how to avoid them. Sign up today!

Registration for this session is now closed

NEW! How to be Scam Aware
With Melissa Hejja and Tara Thom Burnett, Employment Specialists, and Louise Doyle, Business Advisor

Tuesday, May 10 at 11:00 a.m. Pacific (2:00 p.m. Eastern)

Whether the ploy comes your way through telephone, by mail, email, text message, in person, or on a social networking site, each year **Canadians are falling victim to scams** and losing millions of dollars. The perpetrators are becoming increasingly sophisticated in their attempts to take your money or steal your personal details. The best way to **avoid becoming a victim** is to be **informed and alert**. Join Melissa, Tara, and Louise in this session as they reveal some of the most common types of scams and provide **tips to reduce your risk** of being deceived. Don't miss this one!

Registration for this session is now closed

NEW! Strategic Problem Solving

**With JA ("Judy") Jonusas, Business Advisor, and Doug Tardif, Advisor at Large
Tuesday, May 17 at 11:00 a.m. Pacific (2:00 p.m. Eastern)**

Whether at work or in our personal lives, and whether we realize it or not, most of us are **solving problems each and every day**. Some solutions are small, while others can be life-changing. There is really no "right" way to solve a problem, and you likely have your own unique approach already. However, what you need to know is that by using **specific problem-solving strategies** you can better your chances of achieving personal and professional **success in your life**. Join us in this interactive webinar where JA and Doug will explore several of these strategies to help you **successfully resolve issues**, both large and small. Sign up today!

Registration for this session is now closed

SPECIAL EVENT! Employer Panel Discussion: First-hand Tips on how to get Hired (in digital marketing!)

**With Holly Penner, Workforce Opportunities Specialist, Melissa Hejja, Employment Specialist, Anne-Marie Edgar, CEO of Make A Change Canada, and Special Guest: Vincent Bucciachio; Founder and CEO of [SociallyInfused Media](#)
Thursday, May 26 at 11:00 a.m. Pacific (2:00 p.m. Eastern)**

Make A Change Canada is pleased to present this upcoming employer forum with special guest Vincent Bucciachio, Founder and CEO of [SociallyInfused Media Ltd.](#) In five short years, **Vince has built a successful agency from the ground up** and now employs a dozen people (and growing). In this session our expert panel will quiz Vince on what he **looks for in potential employees** and what tips he has for those with aspirations to work in the digital marketing field. Vince has a very unique and progressive approach to hiring, and this session will give you a first-hand look at **what it takes to get hired in the digital marketing sector!** You will leave this session with Vince's top three resume tips, insights into his approach with virtual interviews, and the **most important skills Vince looks for** when considering possible candidates. There's sure to be a few surprises along the way, but you'll leave this session with a genuine feeling for what it's like to work in a digital marketing agency. This **engaging session** will really open your eyes to what these **employers are actively searching for** and how to sell yourself in a million ways. **Come prepared with your questions** (and a notebook) for the Q&A period at the end!

Registration for this session is now closed

NEW! Overcome your Public Speaking Anxiety

**With Business Advisors Louise Doyle and JA ("Judy") Jonusas
Tuesday, May 31 at 11:00 a.m. Pacific (2:00 p.m. Eastern)**

Whether it is speaking in a team meeting, being interviewed on Zoom, or saying a few words at a friend's wedding, everyone has to speak in public at some point. We all deal with this with varying degrees of stress. Some of us feel slightly nervous at the thought of public speaking, while others are struck with full-on panic and fear. Fortunately, with thorough preparation and practice, you can overcome your nervousness and speak in public like a pro. Join JA and Louise in this fun new session as they share practical tips based on their own experience. You'll be feeling more confident going into your next meeting or event as a result. Get started and register today!

Registration for this session is now closed

NEW! Fight, Flight, Freeze - How to Manage Fear

**With JA ("Judy") Jonusas, Business Advisor, and Melissa Hejja, Employment Specialist
Tuesday, June 7 at 11:00 a.m. Pacific (2:00 p.m. Eastern)**

Have you ever felt so overwhelmed that you just wanted to run away? How about wanting to shout just to get some relief from your anxiety? Or have you ever felt so paralyzed by stress that you were unable to work toward any solution at all? These are all common reactions to uncomfortable and stressful situations. Thankfully there are strategies you can use to turn a negative situation around. Join us in this webinar to learn to recognize the physiological signs of the fight, flight, and freeze response and how to manage your emotions when they overwhelm you. Melissa and JA will provide tips and suggested actions you can take when you feel emotionally

frozen in order to move forward. Even the smallest action will have you feeling more at ease and in control. Take the first step and register today!

Registration for this session is now closed

GUEST! Energy and Time Management for Entrepreneurs and Remote Workers
With Kimberley Hyatt, Content Strategist and Blogger at [Spring Creative Inc. Marketing and Design Agency](#)

Tuesday, June 14 at 11:00 a.m. Pacific (2:00 p.m. Eastern)

The circumstances of the last two years have created a **complicated online world** that many business owners and virtual workers find difficult to navigate. If you are **feeling scattered and pulled in multiple directions** trying to manage these new demands, you are not alone. When you begin to recognize what feeds or saps your energy in both your work and at home, you will begin the task of **successfully managing your time**. Join Kimberley in this session to build creative strategies for **improving your project and time management**. Kimberley will explore how to effectively prioritize tasks, establish good habits with goal setting, understand what tasks to tackle yourself and which to outsource, and how *not* to succumb to the alluring but debilitating call of perfectionism. By **developing healthy patterns** in your work habits and thought processes, you can improve your productivity and create a wonderful peace of mind. Sign up today!

Registration for this session is now closed

Come out and enjoy our online community and learn from our dynamic presenters!