



cdaa
career
development
association
of alberta

Career Momentum

January to February 2011

Message from the Board of Directors

Happy New Year from your Career Development Association of Alberta (CDAA) Board of Directors

Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us. ~ Hal Borland

It is our sincere hope that you had a restful and enjoyable holiday season with family and friends and that you are looking forward to a successful and rewarding 2011. What are you most looking forward to this year: opportunities for professional and personal growth; a new job, role, or project; perhaps a return to formal learning? Whatever your goals we wish you the very best and hope that CDAA can help you in achieving some of those goals.

In the past number of months the 2010 – 2011 CDAA Board of Directors and Chapter Committees have been working on implementing the Strategic Plan that was agreed to in June 2010. It has been wonderful to have a fuller Board this year than we have had in previous years and we are grateful to those who volunteer their time for the Association and for the profession.

One of the major initiatives we worked on was to recruit an Executive Director on a contract basis in order to accomplish our goals and to respond to the changes in the profession. Regrettably, despite two calls to the membership for an internal applicant, we did not receive any responses to the call for proposals and as such have determined that posting the position externally will be our next step. We believe strongly that in order to provide you, the membership, with the services, supports, and benefits you have been asking for, and in order to maintain the Association as a viable and sustainable organization, a dedicated person in a paid capacity is essential.

Despite being limited by time and resources, we are proud to report on a number of initiatives and achievements that the Board has been working on over the past several months.

Many of you have taken advantage of the Career Practitioner Directory which is now posted on the CDAA website and is available for download by the public.

Information about the opportunity to purchase Professional Liability Insurance through CDAA has been delayed a number of times but it is our hope that this information will be to you in the very near future.

The new employment route to the Certified Career Development Professional credential has been launched and opportunities for group membership are being explored.

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Upcoming PD Events

You won't want to miss these:

EMPOWERING CHANGE:

Stages of Change and
Motivational Interviewing
Training for the Employment
Field

Presented by:

Roxanne Sawatzky

March 17, 18, 19, 2011
Edmonton, Alberta
(Announcement on pg. 3)

2011 AGM and Professional Development Day:

Friday, June 3, 2011

Career Momentum Editors:

Cheryl Côté, CCDP CLSC

Carolyn Jonsson, CCDP CDC

Send Comments &
Submissions to:

momentumeditor@careerdevelopment.ab.ca

Message from the Board of Directors Continued...

New information, resources, and job postings are being uploaded to the CDAA website on a regular basis.

Discount programs for CDAA members at a number of retailers are being set up.

A member of CDAA is contributing, as an author, to a new Canadian-authored career practitioner textbook.

A task-force to review Building Tomorrow Today (BTT) is being struck to provide recommendations to the association regarding the event.

Career Momentum continues to be an excellent source of information to members.

Conversations regarding collaboration are happening across the country with other organizations / associations.

CDAA is represented on the steering committee for the Canadian Council of Career Development Associations.

We would be neglectful if we did not mention the work that CDAA members across the province, and country, are doing in promoting the Association and the profession, as ambassadors and as practitioners, and in preparing individuals to achieve the career and employment goals. CDAA has over 300 members working in secondary schools, post-secondary schools, government, not for profit, private business, etc. supporting individuals of all ages and backgrounds. You are doing important work!

CDAA has a network of people working on behalf of its members and the profession in various committee and volunteer positions. At this time we would like to acknowledge and thank those who have contributed to the successes of the Association this past year. Special thanks to Alice Funk, our Administrator / Registrar for her support and assistance.

Please mark your calendars! The 2011 AGM and professional development day is scheduled for Friday, June 3, 2011. Details regarding the day will follow. We look forward to seeing you there!

Your comments, questions, feedback, and suggestions are always welcome. Please feel free to reach any of the Board or Committee members through Alice Funk, CDAA Administrator, at admin@careerdevelopment.ab.ca.

Warm regards and best wishes,

Your CDAA Board of Directors

Professional Development Workshop

**EMPOWERING CHANGE:
Stages of Change and Motivational Interviewing Training
For the Employment Field
*Presented by Roxanne Sawatzky***

**March 17, 18, 19, 2011
Edmonton Alberta**

LIMITED REGISTRATION SO REGISTER EARLY

**Early Bird Cost– Register by February 17, 2011:
\$399.00 for CDA members (\$499.00 for non members)
After February 17, 2011: \$499 for members and \$599 for non members**

An Exciting Learning Opportunity

The Edmonton Chapter is excited to offer Empowering Change; Stages of Change and Motivational Interviewing Training for the Employment Field. This is an opportunity for you to attend three days of training and practice skills in motivational interviewing techniques and how they fit within the employment field.

The Presenter

Roxanne Sawatzky was involved in the application of Stages of Change (SOC) and Motivational Interviewing in the employment sector from 2006 – 2010 in Winnipeg Manitoba. Over the three years of study Ms. Sawatzky designed processes, procedures and curriculum that were used in the research project with individuals who were in various stages of work readiness, many whom were highly resistant to working. The techniques developed were found to improve employment placement and sustainability with all clientele groups. Through her company, Empowering Change, Ms. Sawatzky offers training to groups in the employment field to help improve employment outcome.

What will you get out of this 3 day workshop?

This 3 day workshop will provide participants with exposure and introduction to the theory, style, principles, and skill-sets of motivational interviewing. The training is interactive and experiential and offers a variety of learning activities – video clips, live demonstrations, “real plays”, small group sessions, and many opportunities for hands on skill practice and feedback.

To enroll, register online through eventbrite.ca starting December 20, 2010

For additional information contact the organizing committee at edmonton@careerdevelopment.ab.ca

Tech Tip: Job Search Engines

By: Carolyn Jonsson CCDP CDC

Job Search Engines are specialized search engines that search for job postings advertised on the web. (i.e. job banks, company sites, industry sites, newspapers, and association sites)

Advantages: When using effective search strategies, job seekers save time and find more job leads.

Sample Job Search Engine Links: Indeed Eluta.ca
[Wow Jobs](http://WowJobs) Careerjet

The following link takes you to a video that describes [how web search works](#) .



2010 – 2011 CDAA Board of Directors & Committee Members

Past Chair: **Doreen Kooy** (Edmonton)
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Chandra Victor (Calgary)
Marie Woolgar (Edmonton)
Monique Trudel (Edmonton)
Paulina Ojikutu (Edmonton)
Scott Fisher (No Chapter)

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Committee Members:
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Chandra Victor (Calgary)
Marie Woolgar (Edmonton)
Monique Trudel (Edmonton)
Paulina Ojikutu (Edmonton)
Scott Fisher (No Chapter)

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Shirley McBride (Edmonton)
Phyllis Stuckey (Central AB)
Sarah Amies (Southern AB)

Marketing & Communications Committee

Chair: **Vacant**
Committee Members:
Melanie Kellerman (Northern AB)
Phyllis Stuckey (Central AB)

Working the Web: New Year New Beginnings

By: Vicky Driver

For Students and Life Long Learners check out the many and varied tip sheets for students of all ages <http://alis.alberta.ca/ep/eps/tips/tips.html>.

For someone returning to formal education after a lengthy break it makes sense to try one course, perhaps in a series, through Continuing Education. You may want to assess your learning style first to help you decide whether you prefer to be in a classroom or whether e or distance learning will work best for you. There are pros and cons to each option depending upon your preferences and the amount of time you have to devote to your education.

- If you are working ask your Human Resources Department if there are educational subsidies available if the course or program is relevant to your workplace.

Can Learn is an excellent web site where you can investigate all things about education anywhere in Canada. <http://www.canlearn.ca/eng/index.shtml>

- The site is for learners, parents and Career or Education Counsellors.

Labour Market Information LMI: Taking the labour market into consideration is one of the factors to use when making career plans or changing careers. LMI is developed by Province, Region and City and what is hot in one area may not be elsewhere.

It is politically correct to talk about the value of all education but the reality is that most of us cannot afford to go back to school if that certificate, diploma or degree will not prepare us for the job market.

That said one still needs to understand that it is not literally the piece of paper that will lead to a job but rather the skills one has acquired while earning the credential.

- This is the alis link to LMI in Alberta
<http://alis.alberta.ca/ce/icr/lmi1.html>.
- This link will allow you to check other provinces
<http://www.labourmarketinformation.ca/standard.aspx?ppid=92>.

Volunteering can be an excellent way to check out a new workplace or work sector to see if it is a good fit for your values and interests.

The incidental benefits are:

- Lift your own spirit while giving something back to the community
- Networking: You never know who you will meet while you are “on the job”.
- Resume Building: add personal and technical skills to your repertoire
- References: your new relationships will allow you to develop current references who can talk about your skills and work related behaviours; **so treat it like a job.**
- Job Shadowing and Informational Interviews: make opportunities to engage in these activities formally and informally when your volunteer work is completed.
- Try a type of work or workplace that you have not previously considered. Whether you do or do not want to continue doing that type of work you will have learned something that will help you make informed decisions.