

Success Speaks for Itself

"WISE has made me view my life like a reflection in a mirror. I now love who I see and am a very strong and confident woman, who isn't afraid of changes. WISE helped me discover a depth of myself that is worthy of self praise. Thank you WISE for helping me see clearly."

- Donna Wall, Recreation Director
Meadow Creek

"WISE has definitely been an influence in my life. It helped me build confidence in myself and helped me with getting over my shyness. I am now working at a law firm in St. John's and recently got promoted. WISE has helped me get on the right path and I owe the staff much thanks. You're the best!"

- Angeline Pickett, Personal Assistant
Parsons. Ennis. Moores
Barristers, Solicitors & Notaries

"WISE gave me the confidence and courage not only to believe in my dreams but the determination to make them come true."

- Pauline Harris, Owner/Operator
Pauline's Clover Farm and The Red
Berry Cafe, Heart's Content



WISE

Locations

St. John's

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Call WISE today to schedule an appointment

www.nwiseprograms.com



Dreaming again . . .

WISE is made possible through funding by the Department of Human Resources, Labour and Employment, Government of Newfoundland and Labrador and Service Canada.

Women Interested in
Successful Employment

Encouraging women to dream again, so families can experience a better tomorrow.

The WISE Program

Our 12-week Career Exploration Program includes:

Labour Market Research

- research techniques
- data collection and management
- employment options and opportunities

Computer Awareness

- hardware/software
- Windows XP/MS Word
- internet/email

Employability Skills

- employment expectations
- personal employment profile
- knowledge and skills assessment

Career Planning

- self assessment
- job shadowing
- course auditing

Job Search

- employment history
- resume/cover letter writing
- interview skills

While in the Program

Women in the program will determine their Career Path by:

- identifying barriers and developing resource networks
- compiling a personal profile of values, interests, knowledge and experiences
- exploring and evaluating occupational choices
- identifying realistic career choices
- learning effective job search skills
- developing and implementing a career action plan

After the Program

Ongoing support includes:

- career counselling
- access to computer facilities
- cover letter and resume development
- mentoring and peer support
- referral services

