

# YES E-News

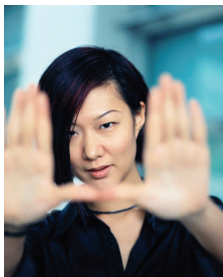
September 2007

**YES Montreal**  
(Youth Employment Services)



## Goal Setting & Staying Focused : Keeping it real

As the school year gears up for another 9 months and the last whispers of summer have faded away, this is the optimum time for goal setting and honing in on your time management skills. You may be juggling school, a part-time job, taking extra classes, starting or running a business, not to mention keeping social and family life intact. Time management has never played a more crucial role in determining a happy medium between work and play. To achieve your goals, take into consideration which conditions should you provide, which resources should you collect, which skills should you develop, what knowledge should you acquire? Is there anything significant you should achieve before you can reach your goals? Formulate the answers to these questions as your objectives, in writing. Better yet, come visit our gifted Job Search Counselors who will help you balance your time, reducing overall stress and develop **realistic** career goals. Mark your calendars for this upcoming session: September 26 10am-12pm for some key tips on **Goal Setting & Staying Focused**. It's free, so come join us!



## Starting Your Own Business Seminar Series

These seminars, developed as a full series, are suitable for both novice and experienced entrepreneurs. They will teach you the basic theory behind starting your business, market research, financing your business, marketing and how to develop a business plan. The series is repeated six times per year, and the workshops are given by professionals and specialists in the field. Series 2, which starts October 15th, is an intensive series of all the workshops and will be offered to give you all the information you need: 5 courses in 8 days! **This series sells out quickly! Register now! Space is limited to 30 participants!**



## Meet the Experts Seminar Series : Not to be missed!

Need help reading the fine print? Want to learn about the trends in social entrepreneurship taking Montreal by storm? Need pointers on how to manage your cash flow more effectively? If you are a budding entrepreneur, verging on making your splash onto the business scene, you won't want to miss this series of seminars catering to the entrepreneurial communities in Montreal. In this unique series of seminars, YES offers entrepreneurs of all ages and professional backgrounds the opportunity to learn from local experts. Seminar topics have been individually selected to meet the changing needs of the entrepreneurial community. These seminars take place on Monday evenings from 6:30pm-8:45pm, at a cost of \$15 each. **Visit [www.yesmontreal.ca](http://www.yesmontreal.ca) for regular updates on these seminars.**

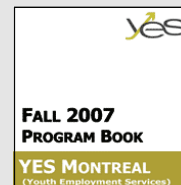
## Upcoming at YES

### Workshops

Read The Fine Print: Demystifying Legal Contracts  
Brown Bag Discussions for the Entrepreneur  
Jump-Start Your Art (*New workshop!*)  
Growing Green Businesses & Social Entrepreneurship  
Customer Service: Coping With Conflict (*New workshop!*)  
Getting Your Art Seen  
Powers of Persuasion:  
Negotiating Your Path to Success

### Dates

September 17th  
(6:30pm-8:45pm)  
September 20  
(12:10pm-1:00pm)  
September 27th  
(2:00p.m.-3:30pm)  
October 1st  
(6:30pm-8:45pm)  
October 4th  
(10:00am-12:00pm)  
October 11th  
(6:30p.m.-8:45pm)  
October 18th  
(10:00am-12:00pm)



**The Fall Program Book is Here!**

**Download your copy today!**

## Top Five Job Search "Survival" Tips for September 2007

1. Know yourself (your limits, your expectations). Keep it real.
2. Quantify your goals (will study for 4 hours, workout 3 times a week)
3. Add something to your resume. (volunteer, gain a skill)
4. Get the balance right. (monitor your eating, sleeping, exercise habits)
5. Don't be shy. Ask for help if you need it (guidance/job counsellors, friends)

## Workshops

### Copyrights:

#### Keeping Control of Your Work

Calling all visual artists, music writers, producers, composers: this workshop is for you! Join us September 20th, at 6:30pm and learn the essential process by which an artist can control how others use their work and ensure that their rights are protected.

### French for Job Seekers

To all those interested in brushing up on their French conversational skills: don't forget to sign up for this four-week intensive course designed to help boost your French conversational skills in 4 short weeks! At a bargain cost of \$65, spaces are limited and filling fast. Next session starts **October 16th** so don't delay and sign up today!

### Career Nights

Ever considered pursuing a career in a particular field but didn't really know what it entails? Join us on October 4th at 6:30pm, where careers in **Finance and Accounting** will be discussed and participants will be given a chance to meet with industry experts in a small group setting. In this workshop, professionals will discuss industry trends, skills required and 'a day in the life'. **Pre-registration is required.**

Please visit [www.yesmontreal.ca](http://www.yesmontreal.ca) for more information

Questions or comments? Email us at [legare@yesmontreal.ca](mailto:legare@yesmontreal.ca) or call 514-878-9788 ext. 303

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