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(YES)

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GETTING MOTIVATED & STAYING FOCUSED

MONTREAL, September 16, 2009 – YES offers innovation this fall with new workshops and services for those affected by rocketing unemployment particularly among young people. Three new workshops are available this fall: *Getting Motivated & Staying Focused*, *Transferable Skills*, and *Organize Your Job-Search*.

Self-confidence, identity and employment are inextricably linked. Today, 16% of young people in Quebec are faced with the challenges of managing unemployment-related stress. That's where YES comes in. YES' *Getting Motivated & Staying Focused* workshop deals with managing and reducing anxiety and staying motivated and effective throughout the job search process.

"Highly skilled job seekers walk through our doors every day feeling like progress has made their specialty obsolete," says Annalise Iten, YES Job Search Director. "You learn something during any activity in your life – jobs, classes, projects, parenting, hobbies, sports, virtually anything. Those are skills, transferable skills, and they're valuable to employers."

The deft use of transferable skills should pervade a job search and be a key factor in resume, cover letter, and interview strategies. YES now offers a two-part *Transferrable Skills* workshop. The first September session starts on September 17.

YES also offers a third new workshop for today's job seeker. *Organize Your Job Search* explores how to achieve and maintain an efficient job search.

To read more about YES' new and existing programs, visit us at www.yesmontreal.ca.

As a not-for-profit organization, YES Montreal (Youth Employment Services) enriches the community by providing English-language support services to help Quebecers find employment and start businesses. www.yesmontreal.ca

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