

# Sure-Start

## An intensive Pre-employment program

Are your symptoms; Listless, no energy, bored, staying in bed, chronic complaining, always negative, low morale, poor self-esteem, feeling empty?

Results could be; No job, No money, No car, No life, No fun.

If any of this describes you, and you want a better life then we can help.

Our group program will help you explore the reasons why you are this way then provide you with effective solutions which you can begin to implement immediately.

You know and we know that you have the potential to be and have anything you want all you need is just a little help to make sure you are getting the start you need.

We will assist you and be there to help you get a “Sure-Start” on the road to success. For more information call 786-5555 Monday to Friday 8:30 to 4:30 or email [info@pmcint.ca](mailto:info@pmcint.ca).

Sure-Start is a four week program that if needed can be expanded to a longer term by adding more components, e.g. job shadowing. Research has proven that 80% of what holds us back is internal and only 20% is external. Yet we will make ourselves believe that the world is against us and everything that is wrong or goes wrong is some external force working to hold us back.

This feeling manifests itself into fear and insecurity, these are very powerful emotions. These emotions can cripple and destroy us from the inside and make them-selves visible to the outside world. Now we not only have our own fears and insecurities to deal with we also have the fears and insecurities of the outside world. If you read the job descriptions for most jobs, two of the things they require are self-management, and self-confidence skills. People full of fear and insecurity do not have either of these and the outside world quickly recognizes this and shuts doors that may otherwise have been open.

Let me ask if you know of people who have education and skills but cannot get or keep a job? Do you also know of people without education or skills who cannot get or keep a job? This just goes to confirm that we are all facing challenges, no matter what level we are, and these challenges are 80% internal.

Sure-Start takes a very methodical approach to assisting participants become job ready. Sure-Start works from the inside out, by building a strong foundation on the inside improving self-confidence, self-esteem, self-management, and self-worth. It prepares people with an "I Can" attitude, they are willing to take 100% responsibility for themselves and adopt the slogan, "if it's to be it's up to me!!" Sure-Start will have people walk away with their heads high, chest out, and stride with confidence.

Now that we have the foundation built we can start laying on the finishing touches. We can now develop their Communication, Teamwork, Job Search, Resume Writing, Work Ethic, and Interview Skills. After completing our Sure-Start program we are confident the participants are ready to move forward with the enthusiasm and self-belief to make career decisions which will land them successfully on their feet and heading in the direction of their dreams.

Some of the resources we use in Sure-Start are "Maximum Potential" a Brian Tracy Creation. This program has been acclaimed by people from all walks of life to be the best they have ever experienced for Self Actualization. This program has 24 modules each rich in content that we all could use for self-improvement. The information learned from just one of these modules would be enough to change your life forever and we take you through all 24. Some topics are "The keys to Peak Performance; Taking Charge of your life; Changing your self concept; Setting Goals, the Master skill of success; Seven Steps to Achieve your Goals; Managing your Career; High performance team Work; The Challenges of Change; Successful Time Management".

This is just the beginning, interspersed through this we have you complete a set of diagnostic tools, that will pleasantly surprise you with the amount of accurate information. These tools have been validated many times and the information is presented to you in a positive user-friendly language. This will give you powerful insight into your interests, aptitudes and help you design a career path that is ideal for you. One part of the report will actually lay out in detail your “Ideal Work Environment”

We will assist you to develop, prepare and draft a professional attention getting resume. With a resume you have 15 seconds to catch the interest of the person reading it, after that your chances of getting noticed are very slim. There are very few resumes that have this ability; we will make sure yours does.

We will work with you on preparation for the interview; we will cover questions you can expect to be asked and how to answer them. We will show you the difference between open ended and close ended questions. We will go through questions you should ask and how to ask them. We will coach you on when to speak and when to listen, how to shake hands, how to walk, how to sit, when to sit, how to dress, how to leave and especially how to ask if you have the job before you leave.

We will work with you to develop a “Job Hunting Strategy” that is specific to you. We are all unique and what works for one may not work for the other, the diagnostic tools will provide critical information to customize a search technique that will ensure your success. We will identify the field you want to work in, the preparation steps you need to take, the actions you must implement, how to start the process, telephone techniques, how to dress and groom and many other tips to get you successful. Please do not be fooled into thinking this is not hard work, it is. The only place Success comes before Hard Work is in the Dictionary.

We have built the foundation, identified the direction, drafted the description and started you hunting. We believe that we now have totally prepared the package (you) for presentation. It is now up to you to use all you have learned to present yourself to prospective employers and (Wow!!) them with your confidence, charisma and presence. You will give them the feeling that you are the best person for the position and they need you. You will walk away with the job; you have had a Sure-Start!