

ANSWERS TO SOME FREQUENTLY ASKED QUESTIONS ABOUT Sure-Start

1) What is Sure-start?

Sure-Start is a program designed and formatted to assist in pre-employment, it prepares you for employability in today's workforce. It will encourage you to become self-confident, self-disciplined, self-managed and proactive. The program gives you the skills to take control of your life and destiny and will give you the confidence to excel in today's competitive job-search market.

2) How long is Sure-Start?

Sure-Start is a four weeks which can be expanded to a six week program. It runs from Monday to Thursday, 9:00 AM to 5:00 PM. And Friday 8AM to 12PM.

3) Who can benefit from the Sure-Start?

Anyone who is un-employed, doesn't matter what age or education level.

4) What benefits will you get?

There are many benefits:

- Increased self-esteem
- More Confidence
- Strong self-management skills
- Better appreciation of self and others
- A support system of fellow participants and facilitators
- Improved family relationships
- Effective change management
- Teamwork skills
- The ability to problem solve and think creatively
- A very positive attitude.
- Improved communication skills
- A true sense of meaning and purpose for your life
- Life coping skills.
- Stress management.
- A professional résumé, cover letter and expert interview skills.

5) Who provides Sure-Start?

Sure-Start is provided exclusively by Progressive Management and Consulting Limited in cooperation with local sponsors.

6) What have others said about our programs?

At the end of each program, participants are asked to complete an evaluation, a few of the comments we have received are:

- *I've learned how to raise my child. It was also a very educational course. It taught me how to like myself and others and how to treat others.*

Lori Moulard - Bonavista, NL

- *I have found it very educational. I learned how to raise my self-esteem. I now think more positively about myself and my future.*

Erin Harris - Bonavista, NL

- *I learned a better plan of action in achieving my goals; also I'm a lot more positive about things and have a better self-concept.*

Christa Lush - Gambo, NL

- *I really enjoyed this program thoroughly. I've met a lot of good people and had a lot of fun. I found the course very helpful and I feel it will change my life. After taking this course I feel better about myself and I think I have a lot to offer to the work industry.*

Elsie Bastow- Gander, NL

- *I enjoyed the program so much. When I came here my self-esteem was so low, now I feel I can take on the world.*

Maria Hoskins - Gander, NL

- *By doing this program, I feel I have gained a lot of knowledge concerning job search and interview skills.*

Millicent Hooper - Marystown, NL

- *I thought this program was the best thing I ever done since I graduated high school. It is very important to me to be the best I can be.*

Jason Wellman - Springdale, NL

- *I really enjoyed the program and met friendly people. I will miss this program. I plan to achieve what I have learned.*

Wanda Anstey - Jackson's Cove, NL

- *It's something everybody needs! I met a lot of new people. Had a lot of fun.*

Goldie Marsh- King's Point, NL

8) Where can I get more information about Sure-Start or other programs that are available?

You can find out more about Sure-Start by contacting:

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