

# Employment Counselling

## Service Description

SOPA clients continue their job search journey by meeting with an employment specialist online for a comprehensive assessment of skills, qualifications and experience. This includes the identification of short and long term career goals and the development of an individualized work action plan. In addition to assisting clients to access reliable information regarding certification and labour market trends, employment counselling also involves substantial support in learning job search skills. Offered in English and French.

## Objective

SOPA's pre- arrival employment counselling helps clients find work in their fields of expertise. The individualized one-on-one employment counselling sessions and the services offered prepare clients to be work-ready prior to arriving in Canada.

## Method of Instruction

Facilitated; Online; One-on-one

## Service Components

- Online one-on-one employment and career counselling
- Return to work action plans
- Licensure / regulated occupations resources
- Labour market information
- Connection to regulatory bodies, professional associations and employers
- Resumes and cover letter support



## Time Required

2-3 one-hour sessions

## Technology Required

- Latest version of one of the following browsers is recommended: Firefox, Safari, Google Chrome, Internet Explorer
- Email: Outlook Express / Outlook / browser based package, i.e. (Gmail, Hotmail, Yahoo)
- Operating System: Windows XP or higher, Mac OS X or higher
- Latest version of Java and Adobe Flash
- Headset or Speakers
- PDF reader (such as Adobe Reader)
- High speed internet access

## Participant Criteria

Recommended Language Level: Canadian Language Benchmarks (CLB) 6 or higher (Intermediate) General/Academic IELTS – 5.5+ in all skill areas

## Evaluation

Upon completion of the service, clients are asked to complete an online evaluation.