

LIFEMARK VOCATIONAL SERVICES



INFORMATION SESSION PACKAGE

Welcome!

Welcome to Lifemark Vocational Services!

We're happy to have you join us. We support individuals providing career and employment services throughout Alberta and across Canada for over two decades.

Our services are designed to help you discover careers that fit your strengths and personality and build the skills you need to succeed.

We're looking forward to working with you!



Lifemark & Programs

Lifemark Vocational

- Lifemark is a leading Canadian provider of rehabilitation and wellness services
- Provides physiotherapy, massage therapy, chiropractic care, occupational therapy, and vocational services
- We have been delivering Career and Employment/Vocational Services for 25+ years!
- Preparing individuals for today's competitive labour market with services such as:
 - Vocational assessments
 - Pre-employment skills training
 - Return-to-work planning & counselling, employment intervention
 - Labour market analysis
 - Community & resource supports
 - And more...

ASPIRE Program

ASPIRE aims to:

- increase life stability and independence
- explore education and employment pathways
- build job-ready skills
- access community and support resources

Lifemark & Programs

ASPIRE Program Cont'd

- ASPIRE is participant-driven and customizable
- ASPIRE is funded by the Government of Alberta

WORKS Program

Workshops Offering Readiness, Knowledge, and Skills (WORKS)

- Gives flexible, no-cost workshops designed to help you strengthen your skills, grow your confidence, and move toward meaningful employment with purpose and clarity
- Virtual Workshops that fits your goals, not the other way around

WORKS is a free, customizable employment workshop program for Albertans who want to upskill, overcome barriers, and open the door to new opportunities.

Whether you're exploring your next step or preparing for employment, you can mix and match the workshops that meet you where you're at.

How We Get to Know You

At Aspire, we take the time to understand you as a whole person so we can provide support tailored to your needs. By getting to know you, we create a personalized plan to help you succeed in finding and maintaining meaningful employment.

This includes:

- **Orientation & Assessments** – helping us understand your skills, strengths, and experiences
- **One-on-One Meetings & Career Counselling** – learn about your career goals, interests, and aspirations
- **Workshops & Group Activities** – skill-building, peer connections, and hands-on learning
- **Personalized Support Planning** – identify any challenges or barriers you may face and tailor our support to your individual needs.

ASPIRE Workshops

We encourage participants to take all of these workshops at a minimum.

My Life

- Decoding your Community:**
Resources Made Easy
- Resources Unlocked:**
Your Guide to Community Support
- Accessible Housing**
- Daily Routines:**
Accommodating Varied Needs
- Healthy and Adaptive Meal Planning**

My Work

- Master vs Target Resumes**
- Job Search Skills & Networking**
- Job Interview Preparation**
- Importance of
Employment References**
- Cover Letter &
Professional Email Writing**

Consider these additional workshops based on your goals and skills.

My Skills

- Orientation to Skills for Success**
- Financial Literacy**
- Basics of Computers and Internet**
- Introduction to Digital Office Tools**
- Digital Document Management**

My Self

- Embracing Canadian Culture**
- Managing Societal Stigma**
- Navigating Interpersonal Dynamics**
- Managing Job Related Stress
and Interview Anxiety**
- Stay Motivated in Job Search**

My Work

- Sustaining Employment and
Job Separation**
- Microcredentials and Upskilling**
- Preparing for Education**
- Optimizing LinkedIn Profile**
- Remote Work Essentials**

My Path

- Knowing Your Workplace Rights and
Accommodations**
- The Power of Self- disclosure and
Self- advocacy**
- Navigating Workplace Culture
and Unwritten Rules**
- Time and Energy Management for
Varying Abilities**
- Emotional Regulation and Coping
Skills at Work**

Job Search & Follow-Up Services

Clients joining the Aspire Program receive comprehensive, start-to-finish support to help them secure and maintain meaningful employment.

Job Search Support

- **Job Club sessions** – skill-building & peer connections
- **Thrive Platform training & workshops** – practical job search strategies
- **Job Seeker Events, Experience Talks, & Job Fairs** – learn from employers & industry professionals
- **Hiring events** – meet employers ready to hire
- **Community & employer partnerships** – expanding your opportunities

Follow-Up Services (available 365 days a year)

- **Job coaching & mentoring** – personalized guidance
- **Customized work maintenance & support plans**
- **Job retention & readiness support** – tools for long-term success
- **Community support** – access to resources beyond the workplace

We empower you with the tools, training, and ongoing support needed to build and sustain a successful career.

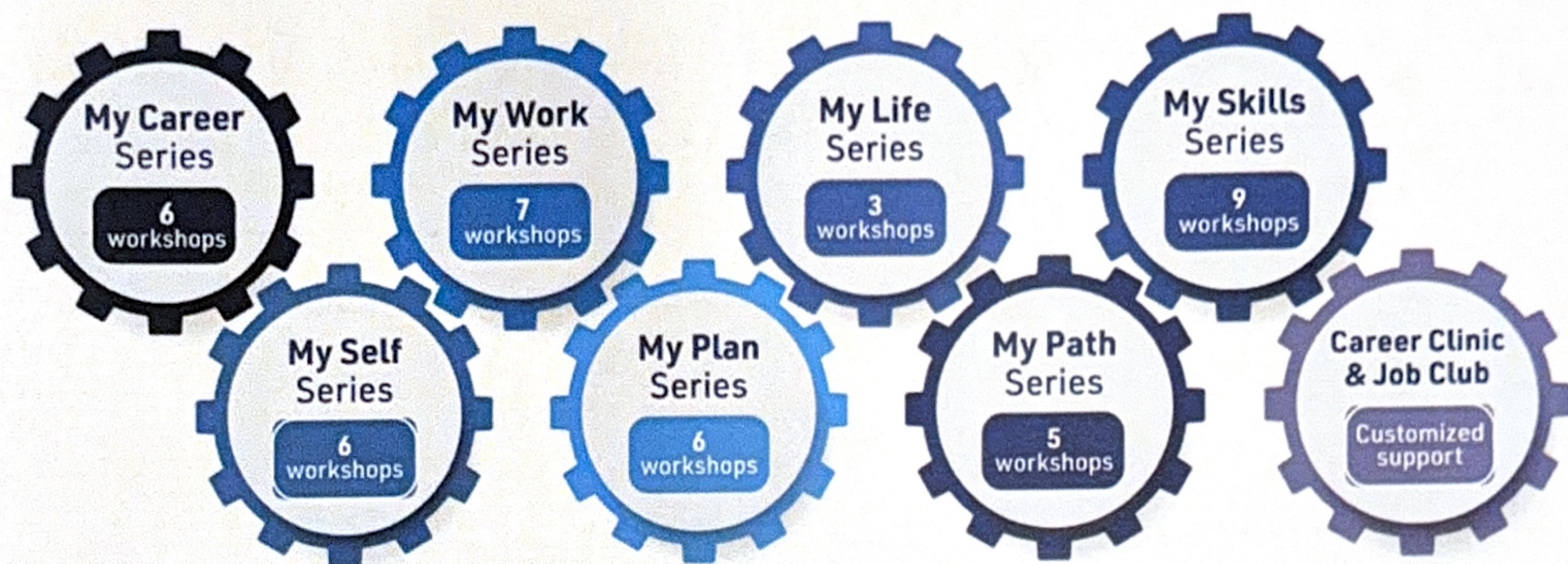
Your Commitment & Attendance

- **Stay committed and engaged:** Fully participate in all workshops and appointments.
- **Communicate respectfully:** Use clear and effective communication with staff and peers.
- **Be prepared and proactive:** Come ready, willing, and able to learn.
- **Take ownership:** Your attendance and personal growth are your responsibility.
- **Keep us informed:** If plans change, let us know so we can support you.
- **Build your toolkit for success:** We'll provide guidance and resources, but it's up to you to know how to use each tool in your career journey.

You have what it takes, step in, learn, and grow!

WORKS Workshops

Explore any (or All!) of these workshop series:



- Job search skills and networking strategies
- How to craft strong cover letters and professional emails
- How to prepare for interviews with confidence
- The difference between master vs. targeted resumes
- How to write both a high-impact master resume and a tailored resume
- Knowing your workplace rights and accommodations
- The power of self-advocacy and self-disclosure
- Navigating workplace culture and unwritten rules
- Time and energy management
- Emotional regulation and coping skills at work
- And more!

WORKS

Workshops Offering Readiness, Knowledge, and Skills

Where learning leads to lasting employment success.
Lifemark WORKS

Mix, Match, and Master:
Explore the WORKS workshop series and create the workshop combo that works for you!

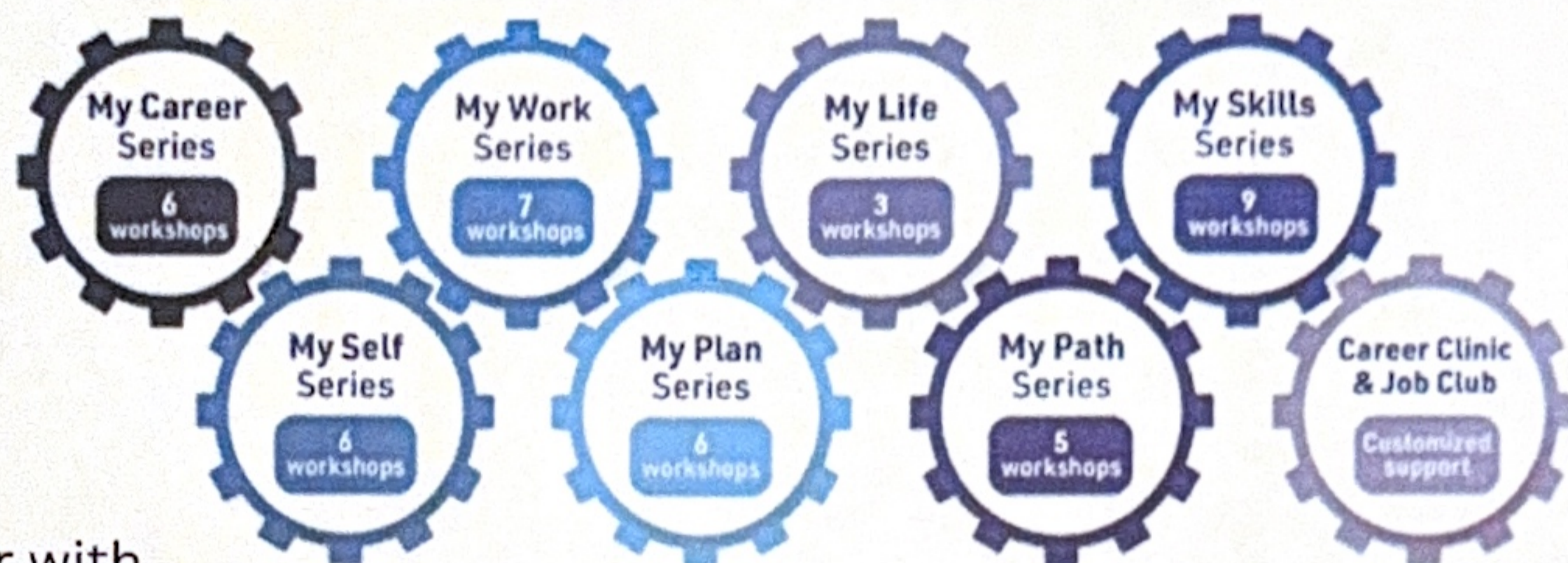
Boost your confidence and career with Lifemark WORKS—a no-cost, on-demand workshop series for Albertans to enhance skills, showcase strengths, overcome barriers, and navigate career transitions. Join in-person or online and turn learning into meaningful work.

You may be eligible if you are:

- An Alberta resident
- Are 18 years old or older
- Not currently in an education program under the School Act (K-12)
- Have a CLB Level of 5 or higher

Lifemark Calgary

2121 29 Street NE, Bay 70
Calgary, AB T1Y 7H8
works@lifemark.ca
tel: 866-454-9123



WORKS participants will have access to:

- Peer-to-peer Success Sessions
- Career Clinic
- Job Club
- Delivery Events
- Opportunity to connect with employer partners

Each workshop will include components of:

- Cyber-Security and Internet Safety Tips
- Interactive and game-based learning
- Certificate of Completion
- Flexible and Hybrid Service Delivery
- Introduction to AI Tools



Apply today!

To learn more and apply online, visit:
www.lifemarkvocational.ca/works

Funded by:

Canada Alberta

*The Province of Alberta is working in partnership with the Government of Canada to provide employment support programs and services.

Lifemark
Vocational Services