

# BEYOND COVID JOB PREPAREDNESS

## Enhance your Online Skills and Gain Certifications!

### PROGRAM DATE

Jan.17 - Feb. 11, 2022

*Monday to Friday*

*9 a.m. to 2 p.m.*

We will loan you the computer equipment and orientate you to the Google platform to enable you to fully participate in the program!

### AS A PART OF THIS UNIQUE PROGRAM, YOU WILL:

- Gain the digital skills required to navigate Google Workspace and e-learning opportunities
- Explore the topics of Emotional Intelligence and Stress Management
- Obtain certifications to improve your job performance

### FOR MORE INFORMATION ABOUT THIS FREE PROGRAM, CONTACT PASCALE:

UHC-HUB OF OPPORTUNITIES

P: 519-944-4900 ext. 168 E: pbedard@uhc.ca

[www.uhc.ca](http://www.uhc.ca)

### ESSENTIAL WORKPLACE & ONLINE SKILLS TRAINING

Improve your career by being more confident, skilled and well-informed. [The Beyond COVID Job Preparedness program](#) teaches you essential online and digital skills, while putting a strong focus on stress management and self-care.

Your UHC instructor will work with you to better prepare you for your return to work by incorporating positivity and motivation that will help you excel!

### WHAT CERTIFICATIONS WILL YOU EARN?

- Smart Serve
- Workplace Essentials
- Managing Food Safety

### HOW DO YOU QUALIFY?

You are:

- Ready to commit to full-time participation in the training program
- 18 years of age or older
- A resident of Ontario

**\*LAPTOPS WILL BE LOANED TO PARTICIPANTS FOR THE DURATION OF THE PROGRAM\***

