

Attend a PARO BUSINESS WORKSHOP

Online learning with local support in your community

PARO Centre for Women's Enterprise seeks to empower women within their communities, strengthen small business and promote community economic development (CED) through integrated and women-centered program delivery. From training and business coaching, to networking events and peer lending circles, all of their innovative programs and services are designed to increase the self-sufficiency and success of women, families and communities in the North.

Register in one of PARO's weekly Wednesday workshops using Contact North | Contact Nord's web conferencing services. PARO workshops are open to both men and women. Here are the workshops for **April 2018**: (times listed in Eastern Standard Time)



Get your degree, diploma or certificate or upgrade your skills online without leaving your community.

Wednesday, April 11 | 11:00 a.m. - 12:00 p.m.

Managing the Money

Hiring Supports for Employers

Presented by Shelly Dahl, Northwest Employment Works (NEW)

Are you looking to hire?

Come and receive information on how NEW can help you with your hiring needs!

Information will be provided on free government programs to help with hiring, including training incentives.

Wednesday, April 11 | 12:15 p.m. - 1:15 p.m.

The Psychology of Money

Women's Empowerment Series, Part II: Self-talk and Supporting Ourselves

Presented by Rebecca, Catholic Family Development Centre

- What is NEGATIVE self-talk?
- Why is it there?
- How to build positive self-talk

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Women's Empowerment Series, Part III: Burnout and Self-care

Presented by Rebecca, Catholic Family Development Centre

- What is burnout, what are its symptoms and how to prevent it
- Learn strategies and make a self-care plan

Wednesday, April 18 | 12:15 p.m. - 1:15 p.m

The Psychology of Money

Why Becoming An Author Can Help Your Business (and how to easily become one)

Presented by Lorraine Reguly

- How being an author provides credibility
- Reach untapped markets (via Amazon)
- How to author a book within 3 months

Wednesday, April 25 | 11:00 a.m. - 12:00 p.m.

Managing the Money

Women's Empowerment Series, Part IV: Mindfulness and Planning for the Future

Presented by Rebecca, Catholic Family Development Centre

The action phase!

- Implementing breath, wellness schedule and strategies
- Goal planning and vision board

Wednesday, April 25 | 11:00 a.m. - 12:00 p.m.

Managing the Money

Circles Discovery: Meet and Greet, Part I

Presented by Mary Francis Maarup, PARO Centre for Women's Enterprise

- What is a PARO Peer Lending Circle?
- How to start a circle and who can join a circle
- The benefits and perks of being a circle member

For more information, call your
Contact North | Contact Nord
Online Learning Recruitment Officer,

at
or e-mail