



## Success Story

### Moving Forward with Determination

Donna was getting up at 3:00am to work in various households cleaning, doing laundry and taking care of people in need only to return home to care for her husband who was struggling with an addiction. This highly stressful situation was not a healthy environment for Donna, who is a recovering addict herself. With almost 10 years of sobriety in jeopardy, Donna moved from Vancouver to Terrace as part of a plan to improve her mental and physical wellness and to recover from burn out and fatigue.

When Donna arrived at the Terrace JobWave Centre in January, 2010, she was struggling with an extreme lack of self confidence. Her resume and cover letter reflected this insecurity. Donna obtained a Resident Care Aid certificate in 1998; however her lack of confidence meant she had never applied for jobs where her training could be utilized.

Donna worked with Meaghan, her JobWave Case Coordinator, to create a participant plan that focused on increasing her self confidence. Donna was uncertain of her ability to commit to the plan, but she was never late for an appointment and never missed a workshop or a Job Seekers' Café. Upon completing the first 30 days of intensive services, Donna said "I am proud of myself for following through and creating a routine."

As her confidence increased, Donna realized she was better prepared for a career in health care than she originally thought. Her previous work experience provided her with practical skills to complement her formal training, and she was able to re-create her resume based on what she learned in the workshops. "I realized after attending the resume and cover letter workshops that, even though I didn't have the work experience, I could incorporate my skills, abilities, past experiences and volunteer work, which gave me a great deal of confidence in preparing my resume."

Donna will be attending the Emergency Community Care course through St John Ambulance, and continues to move towards her goal of working as a Resident Care Aid by following the participant plan designed to help her achieve this objective.

"JobWave has been a journey, and when these opportunities arise we need to take what we can from them. I feel as though I can take the knowledge I have gained from the workshops and Job Seekers' Cafés and apply them to my employment search and achieve success in reaching my employment goals."

Region: North

Case Coordinator: Meaghan Gustafson

Number: JW 231

Expiry Date: March 10, 2011



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