

# Individuals

## Jim's Story

Finding a job after you've been laid off is not always as simple as knowing where to look. Jim worked for many years in non-profit seniors' organizations in jobs supported by grants from government and other funding agencies. Jim took a chance on an interesting one-year contract. When no money was forthcoming for a second year, Jim was out of work.

But Jim wasn't only out of work. He was in a time of uncertainty, wondering what he should do next. He went to a Job-Finding Club but quickly learned he wasn't ready for what it offered. For Jim the problem wasn't where and how to look for a job; it was what to look for. The Job-Finding Club was helpful, however, it referred him to Transitions – a federally-funded community-based career exploration and planning program for people who, like Jim, are in a time of change and wondering where their future lies.

Transitions offers an intensive three week program to help participants develop an understanding of the current labour market, their own abilities and interests, plus strategies for achieving both long and short term career goals. Jim particularly valued the opportunity to see his own search for employment within the larger picture of workforce changes. He also benefited from the practical advice and tips shared by the counselors and other participants.

Soon after leaving the program, Jim put his new networking skills to work. At a meeting of people working in community development – the field his abilities and interests led him to pursue - he learned about an organization that seemed a good match for what he wanted. Seven years later, he's still working there.

There are career exploration and planning programs throughout British Columbia. These community-based programs provide extra value to job seekers looking for change and new opportunities.