

Apply To IM&M If You Are:

- Feeling stuck or like you have been moving in a direction that is not right for you.
- Unemployed resident of Alberta.
- Able to communicate in English at a Grade 5 or CLB 5+ level.
- Able to work in a co-ed group.

Ideal Eligibility

Preferred applicants have the following eligibility requirements:

- Must be unemployed.
- Have intermediate English language speaking, reading and writing skills to participate in group discussions and activities.
- Be highly motivated and committed to completing the program.
- Committed to attend full 10—13 weeks of training..
 - + Monday to Thursday from 9 am—3 pm
 - + Weeks 1—7: 3 to 4 days per week
 - + Weeks 8—13: 1 day a week

Upcoming Programs

Our next program dates are:

- Fall 2024

Program is a hybrid model split between in-class and online learning depending on the needs of the majority of the participants.

Find Out More

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This program is created and powered by the Canadian Career Development Foundation.



Employment Programs

Employment & Training Programs



Pre-employment
career readiness
program



newcomercentre.com



The In Motion & Momentum + (IM&M+) program is a strengths-based, action-oriented career-readiness program that helps you take charge to reconnect with your potential and live the life you want to live.

Offered in partnership with several agencies across Canada, and through a Canadian Career Development Foundation grant, IM&M+ is a 13-week, three-module program explicitly created as an innovative action-oriented program supporting individuals at a pre-employability stage of their careers.

This strengths-based program is all about providing experiences and opportunities for those who may have experienced repeated setbacks regarding traditional learning and/or work.

1. **IN MOTION**—focus on who you are—your strengths and skills. Take charge and create a vision for your future.
2. **MOMENTUM**—Continue to build on your vision for the future and take steps to make it a reality. Contribute meaningfully to your community in collaboration with others.
3. **MOMENTUM +** — Continue to build momentum toward achieving your goals. Move from planning the life you want to live to starting to live it!

Participant Benefits

Create a vision for your future

Realize the life you want to live

- Identify and build life and employability skills
- Practice setting realistic and meaningful goals
- Develop and implement action plans
- Explore opportunities and roles to connect you with family and community

Contribute meaningfully to your community

Move towards your goals and make them a reality

- Build resiliency
- Develop successful teambuilding skills

Build momentum towards achieving your goals

- Develop skills, motivation, and hope for the future
- Access action-planning supports and coaching as you move toward your work, learning, and personal development goals



What to Expect

This is an experiential learning program with the curriculum heavily designed for developing self-awareness, building self-confidence with skills development, learning about strategic goal setting and prioritized action planning to move forward towards preferred future, getting connected with social and professional support network and receive post program referrals (as needed).

