

EMPLOYED WORKERS



MEET *Sarah.*

Sarah lives and works in a small town. She feels she is under-employed and is evaluating career options such as a new job or a complete career change. If pursuing a career change, she wants to choose a career that she is passionate about and has good, long-term employment prospects as she cannot afford to continually retrain for new careers.

Sarah is also curious about the demographics of her community and changing economic environment. This worries her because she has family who wants to immigrate to where she lives. She wonders if there will be jobs for them when they arrive.

Find out how NTAB's resources can assist Sarah in successfully managing her career.

Labour Market Information helps *you* keep up to date on **employment** opportunities and develop **career** management skills.

Sarah can:

- Explore local training and education opportunities.
- Utilize local employment resource centres which post job opportunities and assist with résumé and interview preparation.
- If necessary, upgrade basic literacy skills, including numeracy and computer use.
- Research community demographics which may include information on age, sex, ethnic and immigration status and participation rate in the labour force.
- Research the local labour market. Understand where the future job opportunities will be in her community so that she can make informed decisions about education and training.
- Educate herself about jobs and salaries, occupations that are growing/disappearing, qualifications employers are looking for, companies that are growing and expanding.
- Do what she loves and start her own business: she may be eligible for the Self Employment Benefit program.
- Explore all programs and services offered in her community.

NTAB providing
Labour Market Information
to assist
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