

Career Trek's Big Welcome Mat



It's no exaggeration to say that not-for-profit burnout is the plague of the modern work world.

According to a recent study workers in the not-for-profit sector have higher levels of stress that can lead to burnout.

I would like to state for the record that I recently found the cure for not-for-profit burn out in the most unlikely of places, my email inbox.

The following is a letter sent to Career Trek from Melanie Young, the mother of Quinn Young, a participant in one of our programs.

Enjoy the read and the new appreciation for the impact that Career Trek's big welcome mat has on participants and families.

To Whom It May Concern:

My son was nominated by his teacher to take part in Career Trek. We had never heard of it before but once we discovered what it was about he was very excited.

I was concerned about him being let down. He and his brothers all have ASD [Autism Spectrum Disorders] and have been left out of activities before and I didn't want to see him rejected, so, after the information session, I sent him out of the room so I could ask the facilitator if this was going to be a problem.

I was assured that he would be welcome.

My son was so excited to learn about all that the session talked about. Unfortunately, by the time Career Trek rolled around he was struggling in school. He had developed a lot of anxiety issues and that had affected his peer relationships. In fact, he was so consumed by stress that he was unable to take part in any of his extracurricular activities except Career Trek.

He was always positive about attending and he always came home happy. He talked about all the interesting things he did. But probably the most positive thing that happened was that he made two friends who do not attend his school. One child will be attending the school he will attend next year, so when he worries about the new school we remind him of how he'll get to see his friend there.

Now that he is starting to feel better he has started to talk more about all the interesting things he took part in. The other day at his doctor's appointment he explained to me the purpose of a reflex hammer and then proudly demonstrated it! The most enthusiasm was for welding. I thought he might jump right out of his skin he was so excited about it!

I would like to thank you for offering this program to my son. The benefits are hard to calculate because although he learned a lot he received something even better. This experience strengthened his self-esteem, confidence, and made him happy when he was feeling pretty sad. I would encourage you to continue to offer this program in the future.

*Thank you
Melanie Young*

Increased self-esteem, confidence, and happiness! Take that burnout.

This is why we do what we do.

To learn more about Autism Spectrum Disorders visit [Autism Society Manitoba](#).

8 benefits of Career Trek programming



As the snow melts and Manitoba celebrates spring, Career Trek's bright eyed participants, and their families have something else to celebrate: convocations, finales, and completions.

For 18 years Career Trek has celebrated the accomplishments of it's hard working, dedicated, and dynamic participants, and this year is no different.

In honour of our participants, we have compiled a list of eight benefits that flow from Career Trek programming, illustrating how our participants are transformed and empowered by our hands-on experiential programming.

1. Increased Skills

Career Trek's unique programming helps children to explore and improve their essential skills. Our program model stresses hands-on learning that keeps children interested and imparts specific knowledge about occupations and professions.

2. Increased Competence and Confidence

Mastery of new skills imparts an increased sense of competence that in turn leads to a feeling of increased confidence.

3. Sense of Empowerment

Skillful, competent, and confident children begin to believe that they have the power to organize their lives and exert control over their career trek. They understand that what they do matters and that the decisions they make now will effect their future.

4. Engaged and Invested

Children who believe they have the power over themselves and their future are often more engaged in their studies and invested in the decisions that they make.

5. Self-Awareness and Self-Assessment

An important result of being engaged and invested is a growing sense of self and the ability to self-assess. Participants begin to dialogue with their futures. Asking questions like, "am I taking the courses that will get me where I want to go?"

6. Understanding Relevance

Career Trek evaluations indicate that 92 per cent of participants aged 10 and 11 agree that their school subjects are important to their futures, but only 57 per cent say they understand why.

Career Trek programming helps participants recognize why their academic studies matter and how they are linked to specific jobs.

7. Having Fun

Career Trek programming makes learning fun, and discovering how to having fun learning is the first step on a child's journey of lifelong learning.

Career Trek programming links learning and fun, and discovering how to have fun learning is the first step on a child's journey of lifelong learning.

For a complete list of convocations, finales, and completions visit [Career Trek's graduation resource page](#).

Women, the backbone of Career Trek

In Honour of International Women's Day



International Women's Day celebrates the social, political, and economic achievements of women while focusing attention on areas requiring further action. This year's theme is Inspiring Change.

In honour of International Women's Day (March 8, 2014), we asked our female staff members what they thought about education, inspiration, and Career Trek.

Here are some of the excerpts of that discussion.

"I have had the privilege of some VERY strong female role models in my life, and they walk with me every day. I admire them and strive to be as optimistic, tenacious and resilient as they are. I hope that I can one day pass those traits along to others."

Meghan Laube

"I believe that it is important for young women to be given opportunities like Career Trek because it helps break down the barriers of traditional gender stereotypes. We have our young women participate in occupations such as doctor, welder, carpenter, plumber, geologist, and engineer; occupations that traditionally females feel are unattainable."

Jessica Foss

"I don't by any means feel that I am an inspiration to the young women we work with; however, I do consider myself to be a go-to for them. For young girls, there is power in having a woman to go to for support, to ask questions, or share their stories."

Amber Reid

"The women in the M Program care deeply for their children and are working against the odds to make a better life for themselves and children. I believe that they too will be role models for the other women that they come across in their lives. Educational opportunities have tremendous ripple effects that go on for decades in our communities."

Misty Belcourt

One of the most enriching parts of my career has been sharing it with my daughter. In fact, my position with Career Trek actually came about because of my daughter's participation in the WOW (Winnipeg) program. We have trekked together ever since, employee and participant! What more could any working mom wish for but to share her place-of-work so closely with her child! It's a dream come true!

Dianne Little

Every organization needs a support structure, something to attach programs to or to hang policies on. At Career Trek, like many other non-profit organizations, this support structure, or backbone, is largely composed of women.

With 66 per cent of management level positions and a large portion of part-time positions at Career Trek staffed by women, it is fair to say that women have been instrumental to Career Trek's development and continued success.

"They are staff, participants, board members, bus drivers, school contacts, elders, and community representatives," says Darrell Cole, Career Trek CEO. "Both women and girls have helped shape every aspect of our organization. Simply put, there would be no Career Trek without the meaningful involvement of women and girls."

Why are there so many women working at Career Trek?

According to Cole it is because women are often the drivers of positive social change.

"When I enter a community to talk about our work and the need for change, it is usually women who pick up the gauntlet and say 'lets go'," says Cole. "There is no question in my mind that women are, by and large, the keepers of society and that is reflected in the operations of Career Trek."

And Another Thing

Career Trek convocation and finale timetable

Career Trek's convocation and finale season has begun. Once again, Career Trek is set to celebrate the success of its 1000 young participants.

For information on the celebration dates, times, and locations visit [the Graduation Resource page](#) of our website.

Career Trek Instructor diagnosed with Lyme disease.



A Children Rising (Parkland) Instructor has recently been diagnosed with Lyme disease and is hosting a fundraising campaign to help pay for medical costs.

For more information on Lyme disease visit [Public Health Agency of Canada](#).

To donate visit the [fundraising site](#).

Career Trek Programming in the news.

Career Trek's Children Rising (NOR-MAN) program received a bundle of media attention in February.

With radio interviews on CFAR Flin Flon and CJAR The Pas and print articles in the Flin Flon Reminder and the Opasquia Times, residents in the NOR-MAN region are becoming better acquainted with our award winning programming.

[Learning the mining ropes:](#) The Reminder, Flin Flon.

[Career Trek a positive learning experience for youth:](#) Opasquia Times, The Pas.

Twelve trends that will define your working life from now through 2025

50 CEO's, chairs of associations, ex-ministers, assistant deputy ministers, academics and economists were asked what trends they thought would define the workplace of the future.

[Read the article.](#)