

# INSPIRATIONAL POSTS

These postings were collected from the Laid Off Calgary Facebook group (<https://www.facebook.com/groups/1699692680268327/>) and LinkedIn (<https://www.linkedin.com>). Posts explore strategies for job searching, networking, and résumé writing, along with self-care and resilience. News reports related to Calgary's changing economic climate are also included.

**Note:** Posts are listed in alphabetical (not chronological) order. Review the posted date of articles to gauge their current or historical relevance.

DESCRIPTION	LINK
10 Best Fonts for Your Resume (Infographic)	<a href="https://jobs.eagleonline.com/the-10-best-fonts-for-your-resume-infographic/?utm_campaign=PostBeyond&amp;utm_medium=%231081&amp;utm_source=LinkedIn&amp;utm_term=The+10+Best+Fonts+for+Your+Resume+%28Infographic%29">https://jobs.eagleonline.com/the-10-best-fonts-for-your-resume-infographic/?utm_campaign=PostBeyond&amp;utm_medium=%231081&amp;utm_source=LinkedIn&amp;utm_term=The+10+Best+Fonts+for+Your+Resume+%28Infographic%29</a>
10 Creative Geniuses Who Had to Fail to Succeed	<a href="http://time.com/4153387/creative-geniuses-failed-succeed/?xid=time_socialflow_facebook">http://time.com/4153387/creative-geniuses-failed-succeed/?xid=time_socialflow_facebook</a>
10 New Rules For Brainstorming Without Alienating Introverts	<a href="https://www.fastcompany.com/3067769/the-science-of-work/10-new-rules-for-brainstorming-without-alienating-introverts">https://www.fastcompany.com/3067769/the-science-of-work/10-new-rules-for-brainstorming-without-alienating-introverts</a>
10 Powerful Questions to Focus Your Bold New Vision	<a href="http://deborahconnors.com/10-powerful-questions-to-focus-your-bold-new-vision/">http://deborahconnors.com/10-powerful-questions-to-focus-your-bold-new-vision/</a>
10 Strategies to Boost Your Self-Confidence	<a href="https://dtwcm.manpower.com/wps/wcm/connect/right-us-en/home/thoughtwire/categories/career-work/10-Strategies-to-Boost-Your-Self-Confidence">https://dtwcm.manpower.com/wps/wcm/connect/right-us-en/home/thoughtwire/categories/career-work/10-Strategies-to-Boost-Your-Self-Confidence</a>
10 Things Job Seekers Are Tired of Hearing From Family and Friends	<a href="http://money.usnews.com/money/blogs/outside-voices-careers/articles/2016-11-07/10-things-job-seekers-are-tired-of-hearing-from-family-and-friends?src=usn_fb">http://money.usnews.com/money/blogs/outside-voices-careers/articles/2016-11-07/10-things-job-seekers-are-tired-of-hearing-from-family-and-friends?src=usn_fb</a>
10 Ways to Move from Good to Great	<a href="https://www.linkedin.com/pulse/10-ways-move-from-good-great-mary-ann-owens-phd?trk=pulse_spock-articles">https://www.linkedin.com/pulse/10-ways-move-from-good-great-mary-ann-owens-phd?trk=pulse_spock-articles</a>
11 Easy Acts Of Kindness To Perform This Weekend	<a href="http://www.huffingtonpost.com/entry/acts-of-kindness_us_5825f287e4b0c4b63b0c4ca4?section=us_good-news&amp;utm_content=46394712&amp;utm_medium=social&amp;utm_source=facebook">http://www.huffingtonpost.com/entry/acts-of-kindness_us_5825f287e4b0c4b63b0c4ca4?section=us_good-news&amp;utm_content=46394712&amp;utm_medium=social&amp;utm_source=facebook</a>
11 Freelance Websites To Find Work (Upwork Alternatives)	<a href="http://adriancruce.com/2016/05/11-freelance-websites-find-work/">http://adriancruce.com/2016/05/11-freelance-websites-find-work/</a>
11 Habits of Mentally Strong People	<a href="https://www.linkedin.com/pulse/11-habits-mentally-strong-people-dr-travis-bradberry?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BiYhVbAvBmTcTbuNVDePatg%3D%3D">https://www.linkedin.com/pulse/11-habits-mentally-strong-people-dr-travis-bradberry?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BiYhVbAvBmTcTbuNVDePatg%3D%3D</a>
11 Quotes To Remember When You Feel Lost In Life	<a href="https://www.powerofpositivity.com/11-quotes-to-remember-when-you-feel-lost-in-life/?c=viral">https://www.powerofpositivity.com/11-quotes-to-remember-when-you-feel-lost-in-life/?c=viral</a>
11 Tips for Maintaining your Positive Attitude	<a href="http://www.lifehack.org/articles/communication/11-tips-for-maintaining-your-positive-attitude.html">http://www.lifehack.org/articles/communication/11-tips-for-maintaining-your-positive-attitude.html</a>
13 Job Interviews We'd Love to Attend	<a href="https://brightside.me/creativity-art/13-job-interviews-wed-love-to-attend-256560/">https://brightside.me/creativity-art/13-job-interviews-wed-love-to-attend-256560/</a>
13 Things You Should Give Up If You Want To Be Successful	<a href="https://medium.com/personal-growth/13-things-you-need-to-give-up-if-you-want-to-be-successful-44b5b9b06a26#.nn4da0f5w">https://medium.com/personal-growth/13-things-you-need-to-give-up-if-you-want-to-be-successful-44b5b9b06a26#.nn4da0f5w</a>
15 Ways To Make A Bad Job Better	<a href="http://www.forbes.com/sites/lizryan/2016/10/16/15-ways-to-make-a-bad-job-better/#c75b8eb7640c">http://www.forbes.com/sites/lizryan/2016/10/16/15-ways-to-make-a-bad-job-better/#c75b8eb7640c</a>
16 of the Trickiest Job Interview Questions, and How to Nail Them	<a href="http://www.rd.com/advice/work-career/job-interview-questions/1/">http://www.rd.com/advice/work-career/job-interview-questions/1/</a>

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17 interview questions that are designed to trick you	<a href="http://www.businessinsider.com/tricky-interview-questions-2015-4?utm_source=microsoft&amp;utm_medium=referral&amp;utm_term=windowsapp">http://www.businessinsider.com/tricky-interview-questions-2015-4?utm_source=microsoft&amp;utm_medium=referral&amp;utm_term=windowsapp</a>
30 Days of Free (Or Really Affordable) Events In Calgary	<a href="http://www.avenuecalgary.com/Things-to-Do/30-Days-of-Free-Or-Really-Affordable-Events-In-Calgary-October-2016/">http://www.avenuecalgary.com/Things-to-Do/30-Days-of-Free-Or-Really-Affordable-Events-In-Calgary-October-2016/</a>
31 Core Competencies Explained	<a href="http://www.workforce.com/2002/09/03/31-core-competencies-explained/">http://www.workforce.com/2002/09/03/31-core-competencies-explained/</a>
370 laid off people in Calgary attend employment workshop	<a href="http://www.cbc.ca/news/canada/calgary/unemployed-workers-attend-calgary-workshop-1.3432768">http://www.cbc.ca/news/canada/calgary/unemployed-workers-attend-calgary-workshop-1.3432768</a>
4 Interview Questions to See the Truth in Every Candidate	<a href="https://www.linkedin.com/pulse/4-interview-questions-see-truth-every-candidate-brendan-reid?trk=hp-feed-article-title-like">https://www.linkedin.com/pulse/4-interview-questions-see-truth-every-candidate-brendan-reid?trk=hp-feed-article-title-like</a>
4 Simple Ways to Increase Hope Throughout Your Job Search	<a href="https://www.linkedin.com/pulse/4-simple-ways-increase-hope-throughout-your-job-wolfe-p-eng-mapp">https://www.linkedin.com/pulse/4-simple-ways-increase-hope-throughout-your-job-wolfe-p-eng-mapp</a>
45 Things to Do on Social Media to Find Jobs	<a href="https://www.themuse.com/advice/45-things-to-do-on-social-media-to-find-jobs">https://www.themuse.com/advice/45-things-to-do-on-social-media-to-find-jobs</a>
5 Steps To Get Over A Layoff	<a href="http://www.huffingtonpost.com/consuela-dezso/5-steps-to-get-over-a-lay_b_11237084.html">http://www.huffingtonpost.com/consuela-dezso/5-steps-to-get-over-a-lay_b_11237084.html</a>
5 Things the People Reading Your Resume Wish You Knew	<a href="http://time.com/4170488/resume-advice/?xid=time_socialflow_facebook">http://time.com/4170488/resume-advice/?xid=time_socialflow_facebook</a>
6 Ways to Attract Recruiters to Your LinkedIn Profile	<a href="http://mashable.com/2013/11/17/linkedin-tips-2/#pKQZu1.x2qqf">http://mashable.com/2013/11/17/linkedin-tips-2/#pKQZu1.x2qqf</a>
7 Habits That Make Your Brain Work Better	<a href="https://www.powerofpositivity.com/brain-habits/">https://www.powerofpositivity.com/brain-habits/</a>
7 Incredible Things That Happen Once You Learn to Love Being Alone	<a href="https://www.linkedin.com/pulse/incredible-things-happen-once-you-learn-love-being-alone-bradberry?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BC7%2Fstc4d9ISRVjshT3PJsq%3D%3D">https://www.linkedin.com/pulse/incredible-things-happen-once-you-learn-love-being-alone-bradberry?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BC7%2Fstc4d9ISRVjshT3PJsq%3D%3D</a>
7 lessons about finding the work you were meant to do	<a href="http://ideas.ted.com/7-lessons-about-finding-the-work-you-were-meant-to-do/">http://ideas.ted.com/7-lessons-about-finding-the-work-you-were-meant-to-do/</a>
7 ways to prevent burnout in the job search	<a href="https://thingscareerrelated.com/2016/05/02/stay-true-to-your-job-search-but-dont-burn-out/">https://thingscareerrelated.com/2016/05/02/stay-true-to-your-job-search-but-dont-burn-out/</a>
8 TED Talks That Are So Great You'll Actually Want to Listen to Them on Your Day Off	<a href="https://www.themuse.com/advice/8-ted-talks-that-are-so-great-youll-actually-want-to-listen-to-them-on-your-day-off?utm_medium=email&amp;utm_">https://www.themuse.com/advice/8-ted-talks-that-are-so-great-youll-actually-want-to-listen-to-them-on-your-day-off?utm_medium=email&amp;utm_</a>
8 Ultimate Daily Routines for Success: Set Up Your Life for Success	<a href="https://www.linkedin.com/pulse/8-ultimate-daily-routines-success-set-up-your-life-terry-arsenault">https://www.linkedin.com/pulse/8-ultimate-daily-routines-success-set-up-your-life-terry-arsenault</a>
Advice For The Recently Laid Off From Someone Who's Been There	<a href="http://m.huffpost.com/ca/entry/9169192">http://m.huffpost.com/ca/entry/9169192</a>
Alberta approves three oil sands projects worth potential \$4 billion in investments	<a href="http://www.ctvnews.ca/business/alberta-approves-three-oilsands-projects-worth-potential-4-billion-in-investments-1.3074312">http://www.ctvnews.ca/business/alberta-approves-three-oilsands-projects-worth-potential-4-billion-in-investments-1.3074312</a>
Alberta tech sector leads the way as economy rebounds: BDC study	<a href="http://globalnews.ca/news/3184623/alberta-tech-sector-leads-the-way-as-economy-rebounds-bdc-study/">http://globalnews.ca/news/3184623/alberta-tech-sector-leads-the-way-as-economy-rebounds-bdc-study/</a>
All-Star LinkedIn Users Are 40 Times More Likely to Get Contacted: Here's How to Score That Rating	<a href="https://www.themuse.com/advice/allstar-linkedin-users-are-40-times-more-likely-to-get-contactedheres-how-to-score-that-rating">https://www.themuse.com/advice/allstar-linkedin-users-are-40-times-more-likely-to-get-contactedheres-how-to-score-that-rating</a>
Are You Willing to Do Whatever It Takes?	<a href="http://www.success.com/blog/are-you-willing-to-do-whatever-it-takes">http://www.success.com/blog/are-you-willing-to-do-whatever-it-takes</a>

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B.C. is Canada's job vacancies hot spot	<a href="http://globalnews.ca/news/2696988/b-c-is-canadas-job-vacancies-hot-spot/?sf26171543=1">http://globalnews.ca/news/2696988/b-c-is-canadas-job-vacancies-hot-spot/?sf26171543=1</a>
Bill Gates, Warren Buffett, and Oprah Winfrey All Use the 5-Hour Rule	<a href="http://www.inc.com/empact/bill-gates-warren-buffett-and-oprah-all-use-the-5-hour-rule.html">http://www.inc.com/empact/bill-gates-warren-buffett-and-oprah-all-use-the-5-hour-rule.html</a>
BizConnections Event: Business Legalities	<a href="https://www.meetup.com/Business-Link-Calgary/events/229858325/">https://www.meetup.com/Business-Link-Calgary/events/229858325/</a>
Browsing Profiles in Private and Semi-Private Mode	<a href="https://www.linkedin.com/help/linkedin/answer/49410/browsing-profiles-in-private-and-semi-private-mode?lang=en">https://www.linkedin.com/help/linkedin/answer/49410/browsing-profiles-in-private-and-semi-private-mode?lang=en</a>
Calgarians queuing for jobs 'the new normal'	<a href="http://calgaryherald.com/business/local-business/calgarians-queuing-for-jobs-the-new-normal-with-unemployment-at-22-year-high">http://calgaryherald.com/business/local-business/calgarians-queuing-for-jobs-the-new-normal-with-unemployment-at-22-year-high</a>
Calgary economy poised to grow in 2017 after two years of declines, Conference Board predicts	<a href="http://calgaryherald.com/business/local-business/calgary-economy-poised-to-grow-in-2017-after-two-years-of-declines-conference-board-predicts">http://calgaryherald.com/business/local-business/calgary-economy-poised-to-grow-in-2017-after-two-years-of-declines-conference-board-predicts</a>
Calgary Hiring Event - September 19, 2016	<a href="http://www.hire10.ca/hiring-event.html">http://www.hire10.ca/hiring-event.html</a>
Calgary in transition: Advice for new graduates trying to score a job	<a href="http://www.cbc.ca/beta/news/canada/calgary/heather-heasman-new-job-reality-calgary-crossroads-1.3636861">http://www.cbc.ca/beta/news/canada/calgary/heather-heasman-new-job-reality-calgary-crossroads-1.3636861</a>
Calgary oilfield firm can't hire enough staff to cover rising activity	<a href="http://calgaryherald.com/business/energy/essential-energy-services-says-it-cant-hire-enough-staff-to-cover-rising-activity">http://calgaryherald.com/business/energy/essential-energy-services-says-it-cant-hire-enough-staff-to-cover-rising-activity</a>
Calgary psychologist gives advice on getting through the downturn	<a href="http://www.cbc.ca/beta/news/canada/calgary/calgary-crossroads-psychologist-donna-sales-coping-1.3837476">http://www.cbc.ca/beta/news/canada/calgary/calgary-crossroads-psychologist-donna-sales-coping-1.3837476</a>
Calgary's jobless rate highest in country at 9%	<a href="http://www.cbc.ca/beta/news/canada/calgary/calgary-unemployment-rate-statistics-canada-alberta-1.3754735">http://www.cbc.ca/beta/news/canada/calgary/calgary-unemployment-rate-statistics-canada-alberta-1.3754735</a>
Canada-Alberta Job Grant	<a href="http://www.albertacanada.com/opportunity/employers/jobgrant.aspx">http://www.albertacanada.com/opportunity/employers/jobgrant.aspx</a>
Canada's Best Cities For Jobs AND Affordable Homes	<a href="http://www.huffingtonpost.ca/2016/07/12/best-cities-jobs-affordable-homes_n_10740892.html">http://www.huffingtonpost.ca/2016/07/12/best-cities-jobs-affordable-homes_n_10740892.html</a>
Canadian man drives 1,944km every day to work as barista	<a href="http://www.cbc.ca/radio/thisisthat/canadian-man-drives-1-944km-every-day-to-work-as-barista-1.3666285">http://www.cbc.ca/radio/thisisthat/canadian-man-drives-1-944km-every-day-to-work-as-barista-1.3666285</a>
Canmore and Banff need workers amid tourism boom	<a href="http://www.cbc.ca/news/canada/calgary/canmore-banff-need-workers-amid-tourism-boom-1.3587370">http://www.cbc.ca/news/canada/calgary/canmore-banff-need-workers-amid-tourism-boom-1.3587370</a>
Capital Ideas Calgary: Business owners helping business owners	<a href="http://www.capitalideascalgary.com/">http://www.capitalideascalgary.com/</a>
Career Fair Canada	<a href="http://www.careerfaircanada.ca/">http://www.careerfaircanada.ca/</a>
CBC Calgary Eyeopener: LinkedIn as part of your job finding toolkit - a Calgary case study	<a href="https://www.linkedin.com/pulse/cbc-calgary-eyeopener-linkedin-part-your-job-case-andy">https://www.linkedin.com/pulse/cbc-calgary-eyeopener-linkedin-part-your-job-case-andy</a>
'Check your ego': How to get a job in Alberta's recession	<a href="http://www.cbc.ca/beta/news/canada/calgary/calgary-job-market-still-on-the-ropes-1.3974687">http://www.cbc.ca/beta/news/canada/calgary/calgary-job-market-still-on-the-ropes-1.3974687</a>
City of Calgary: Fee Assistance	<a href="http://www.calgary.ca/CSPS/Recreation/Pages/Fee-assistance/Home.aspx">http://www.calgary.ca/CSPS/Recreation/Pages/Fee-assistance/Home.aspx</a>
Coffee and Careers	<a href="http://us3.campaign-archive2.com/?u=64e45847d2066ca04bffc113a&amp;id=805dcfbe66">http://us3.campaign-archive2.com/?u=64e45847d2066ca04bffc113a&amp;id=805dcfbe66</a>
Comparing Calgary to Detroit ignores our entrepreneurial zest	<a href="http://www.theglobeandmail.com/report-on-business/rob-commentary/comparing-calgary-to-detroit-ignores-our-entrepreneurial-zest/article31378907/?error_code=4201&amp;error_message=User+canceled+the+Dialog+flow#_">http://www.theglobeandmail.com/report-on-business/rob-commentary/comparing-calgary-to-detroit-ignores-our-entrepreneurial-zest/article31378907/?error_code=4201&amp;error_message=User+canceled+the+Dialog+flow#_</a>

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Connecting people globally (regular networking event: The Gathering)	<a href="http://catherinebrownlee.com/">http://catherinebrownlee.com/</a>
Conservative Caucus launches Alberta Jobs Taskforce to address growing jobs crisis	<a href="http://albertajobtaskforce.ca/en/">http://albertajobtaskforce.ca/en/</a>
CRA: Line 219 – Expenses you can deduct	<a href="http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/lns206-236/219/xpnss-eng.html">http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/lns206-236/219/xpnss-eng.html</a>
Deepak Chopra's 6 Tips To Reduce Stress At Work	<a href="http://www.forbes.com/sites/nextavenue/2017/02/22/deepak-chopras-6-tips-to-reduce-stress-at-work/#7cf35f52ef20">http://www.forbes.com/sites/nextavenue/2017/02/22/deepak-chopras-6-tips-to-reduce-stress-at-work/#7cf35f52ef20</a>
Dehumanization of the Recruiting Process in Alberta	<a href="https://www.linkedin.com/pulse/dehumanization-recruiting-process-alberta-wendy-ferguson">https://www.linkedin.com/pulse/dehumanization-recruiting-process-alberta-wendy-ferguson</a>
Devastating Truth : Why YOUR Resume is not Getting you Interviews and HOW you must fix it now!	<a href="https://www.linkedin.com/pulse/devastating-truth-why-your-resume-getting-you-how-carol-bird?trk=hb_ntf_MEGAPHONE_ARTICLE_POST">https://www.linkedin.com/pulse/devastating-truth-why-your-resume-getting-you-how-carol-bird?trk=hb_ntf_MEGAPHONE_ARTICLE_POST</a>
Donations pour in at impromptu collection centres across Calgary	<a href="http://www.cbc.ca/news/canada/calgary/calgary-donations-fort-mcmurray-fire-1.3571645">http://www.cbc.ca/news/canada/calgary/calgary-donations-fort-mcmurray-fire-1.3571645</a>
Economic downturn impacting mental health of Calgarians, study says	<a href="http://www.cbc.ca/news/canada/calgary/economic-downturn-calgary-counselling-stress-1.3440243">http://www.cbc.ca/news/canada/calgary/economic-downturn-calgary-counselling-stress-1.3440243</a>
Employment consultants see optimism in the Calgary job market	<a href="http://globalnews.ca/news/3113614/employment-consultants-see-optimism-in-the-calgary-job-market/?sf45427429=1">http://globalnews.ca/news/3113614/employment-consultants-see-optimism-in-the-calgary-job-market/?sf45427429=1</a>
Employment Insurance A to Z Index	<a href="https://www.canada.ca/en/employment-social-development/programs/ei-list/ei/topic-list.html">https://www.canada.ca/en/employment-social-development/programs/ei-list/ei/topic-list.html</a>
Energized by Albertans with vision, innovation and investment	<a href="http://www.gonuclear.ca/2016/02/27/one-solution-for-what-ails-us/">http://www.gonuclear.ca/2016/02/27/one-solution-for-what-ails-us/</a>
Face Down Any Challenge With These 3 Key Pieces of Advice	<a href="http://www.livehappy.com/science/positive-psychology/face-down-any-challenge-these-3-key-pieces-advice">http://www.livehappy.com/science/positive-psychology/face-down-any-challenge-these-3-key-pieces-advice</a>
Fighting the Overqualified Label: 10 Tactics for a Successful Job-Search	<a href="https://www.livecareer.com/quintessential/fighting-overqualified-label">https://www.livecareer.com/quintessential/fighting-overqualified-label</a>
Five Company-Culture Clues You'll Spot On The Job Interview	<a href="http://www.forbes.com/sites/lizryan/2017/01/09/five-company-culture-clues-youll-spot-on-the-job-interview/2/#5d80b1105a8e">http://www.forbes.com/sites/lizryan/2017/01/09/five-company-culture-clues-youll-spot-on-the-job-interview/2/#5d80b1105a8e</a>
Five Signs That Job Advertisement Is A Scam	<a href="http://www.forbes.com/forbes/welcome/?toURL=http://www.forbes.com/sites/lizryan/2016/09/07/five-signs-that-job-advertisement-is-a-scam/&amp;refURL=http://m.facebook.com&amp;referrer=http://m.facebook.com">http://www.forbes.com/forbes/welcome/?toURL=http://www.forbes.com/sites/lizryan/2016/09/07/five-signs-that-job-advertisement-is-a-scam/&amp;refURL=http://m.facebook.com&amp;referrer=http://m.facebook.com</a>
Five Steps To Take When You Didn't Get The Job	<a href="http://www.forbes.com/sites/lizryan/2017/02/21/five-steps-to-take-when-you-didnt-get-the-job/#683e4b5f7898">http://www.forbes.com/sites/lizryan/2017/02/21/five-steps-to-take-when-you-didnt-get-the-job/#683e4b5f7898</a>
Five Ways Older Workers Can Combat Age Discrimination	<a href="https://www.fastcompany.com/3066330/work-smart/five-ways-for-older-workers-to-combat-age-discrimination">https://www.fastcompany.com/3066330/work-smart/five-ways-for-older-workers-to-combat-age-discrimination</a>
Fossil fuel fictions and other realities of living in a post-truth world	<a href="https://www.biv.com/article/2017/1/fossil-fuel-fictions-and-other-realities-living-po/">https://www.biv.com/article/2017/1/fossil-fuel-fictions-and-other-realities-living-po/</a>
Free book offers tips to survive and thrive after losing your job	<a href="http://www.cbc.ca/news/canada/calgary/cpa-book-survive-thrive-calgary-1.3880689?campaign_id=A100">http://www.cbc.ca/news/canada/calgary/cpa-book-survive-thrive-calgary-1.3880689?campaign_id=A100</a>
Freelancers, Entrepreneurs and Business Owners Unite	<a href="http://www.myconsultingcooperative.com/">http://www.myconsultingcooperative.com/</a>
Future of Work is 'Remote': How You Can Build a Killer Remote Team	<a href="https://www.entrepreneur.com/article/281978">https://www.entrepreneur.com/article/281978</a>

DESCRIPTION	LINK
Game of Life: Meet six Calgarians who chose to reinvent themselves after losing their jobs	<a href="http://calgaryherald.com/life/swerve/the-game-of-life-six-calgarians-chose-to-reinvent-themselves-after-losing-their-jobs">http://calgaryherald.com/life/swerve/the-game-of-life-six-calgarians-chose-to-reinvent-themselves-after-losing-their-jobs</a>
Get a job: When it makes sense to work for free	<a href="http://www.cbc.ca/news/canada/calgary/get-a-job-working-free-1.3479061">http://www.cbc.ca/news/canada/calgary/get-a-job-working-free-1.3479061</a>
Getting laid off from my job was devastating. Then, things got better	<a href="http://www.theglobeandmail.com/life/facts-and-arguments/getting-laid-off-from-my-job-was-devastating-then-things-got-better/article31218666/?click=sf_globeftb">http://www.theglobeandmail.com/life/facts-and-arguments/getting-laid-off-from-my-job-was-devastating-then-things-got-better/article31218666/?click=sf_globeftb</a>
Getting out of the Oil and Gas Industry? Think you are too specialized to diversify? Think again.	<a href="https://www.linkedin.com/pulse/getting-out-oil-gas-industry-think-you-too-diversify-again-baker?trk=hp-feed-article-title-like">https://www.linkedin.com/pulse/getting-out-oil-gas-industry-think-you-too-diversify-again-baker?trk=hp-feed-article-title-like</a>
Gig economy: Just the ticket for transitioning boomers?	<a href="http://www.theglobeandmail.com/report-on-business/careers/leadership-lab/gig-economy-just-the-ticket-for-transitioning-boomers/article30851721/">http://www.theglobeandmail.com/report-on-business/careers/leadership-lab/gig-economy-just-the-ticket-for-transitioning-boomers/article30851721/</a>
Give thanks These TED Talks will help you conjure up massive amounts of gratitude.	<a href="https://www.ted.com/playlists/206/give_thanks">https://www.ted.com/playlists/206/give_thanks</a>
Goals 2017: Get Uncomfortable	<a href="https://www.linkedin.com/pulse/goals-2017-get-uncomfortable-jon-decoste?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BbLjzWEx7bQHxg3xew8r3cQ%3D%3D">https://www.linkedin.com/pulse/goals-2017-get-uncomfortable-jon-decoste?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BbLjzWEx7bQHxg3xew8r3cQ%3D%3D</a>
Golden Rules of Goal Setting Five Rules to Set Yourself Up for Success	<a href="https://www.mindtools.com/pages/article/newHTE_90.htm">https://www.mindtools.com/pages/article/newHTE_90.htm</a>
Google got it wrong. The open-office trend is destroying the workplace	<a href="https://www.washingtonpost.com/posteverything/wp/2014/12/30/google-got-it-wrong-the-open-office-trend-is-destroying-the-workplace/?utm_campaign=buffer&amp;utm_content=bufferb4214&amp;utm_medium=social&amp;utm_source=linkedin.com&amp;utm_term=.88426a4dc5ae">https://www.washingtonpost.com/posteverything/wp/2014/12/30/google-got-it-wrong-the-open-office-trend-is-destroying-the-workplace/?utm_campaign=buffer&amp;utm_content=bufferb4214&amp;utm_medium=social&amp;utm_source=linkedin.com&amp;utm_term=.88426a4dc5ae</a>
Hate to Rush? 11 Tips for Getting Ready Faster in the Morning	<a href="https://www.linkedin.com/pulse/hate-rush-11-tips-getting-ready-faster-morning-gretchen-rubin?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BVB1R00f79z2BUf5mk1%2ByUg%3D%3D">https://www.linkedin.com/pulse/hate-rush-11-tips-getting-ready-faster-morning-gretchen-rubin?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BVB1R00f79z2BUf5mk1%2ByUg%3D%3D</a>
Have Courage, Be Fearless - Les Brown Motivational Speech	<a href="https://www.youtube.com/watch?v=MgkocutPsWA&amp;feature=share">https://www.youtube.com/watch?v=MgkocutPsWA&amp;feature=share</a>
Help Me Find a Job!: Emails to Send to Your Network	<a href="https://www.themuse.com/advice/help-me-find-a-job-emails-to-send-to-your-network">https://www.themuse.com/advice/help-me-find-a-job-emails-to-send-to-your-network</a>
Help on Hiring	<a href="http://www.insiteperformancecoaching.com/business/help-on-hiring/">http://www.insiteperformancecoaching.com/business/help-on-hiring/</a>
Help, The Job Search Has Me Feeling Stressed!	<a href="https://m.youtube.com/watch?sns=fb&amp;v=mPm2XaQ2pqY">https://m.youtube.com/watch?sns=fb&amp;v=mPm2XaQ2pqY</a>
Here's How You Can Fake a Professional Headshot Photo Shoot for Free	<a href="https://www.themuse.com/advice/heres-how-you-can-fake-a-professional-headshot-photo-shoot-for-free">https://www.themuse.com/advice/heres-how-you-can-fake-a-professional-headshot-photo-shoot-for-free</a>
Hidden Mental Costs Of Unemployment	<a href="https://www.fastcompany.com/3041816/the-hidden-mental-costs-of-unemployment">https://www.fastcompany.com/3041816/the-hidden-mental-costs-of-unemployment</a>
Hire 10 Career Fair Building Community 10 Hires at a time	<a href="http://www.hire10.ca/">http://www.hire10.ca/</a>
Hiring Fairs and other programs: City of Calgary	<a href="http://www.calgary.ca/CSPS/CNS/Pages/Children-and-youth/Youth-employment-centre/Youth-Employment-Centre-Hiring-Fairs.aspx">http://www.calgary.ca/CSPS/CNS/Pages/Children-and-youth/Youth-employment-centre/Youth-Employment-Centre-Hiring-Fairs.aspx</a>

DESCRIPTION	LINK
How a Positive Sense of Yourself Supports Your Success	<a href="https://www.linkedin.com/pulse/how-positive-sense-yourself-supports-your-success-mary-ann-owens-phd?trk=pulse_spock-articles">https://www.linkedin.com/pulse/how-positive-sense-yourself-supports-your-success-mary-ann-owens-phd?trk=pulse_spock-articles</a>
How Can You Follow Your Passion if You Don't Know What It Is?	<a href="https://www.levo.com/posts/how-can-you-follow-your-passion-if-you-don-t-know-what-it-is">https://www.levo.com/posts/how-can-you-follow-your-passion-if-you-don-t-know-what-it-is</a>
How one woman survived a two-year shopping ban	<a href="http://globalnews.ca/news/2812962/how-one-woman-survived-a-two-year-shopping-ban/">http://globalnews.ca/news/2812962/how-one-woman-survived-a-two-year-shopping-ban/</a>
How to Answer the 31 Most Common Interview Questions	<a href="https://www.themuse.com/advice/how-to-answer-the-31-most-common-interview-questions?ref=long-reads-0">https://www.themuse.com/advice/how-to-answer-the-31-most-common-interview-questions?ref=long-reads-0</a>
How to Become More Resilient	<a href="http://blog.hubspot.com/marketing/strengthen-resilience#sm.00007iit8aer0ff1t171vqxuyy790">http://blog.hubspot.com/marketing/strengthen-resilience#sm.00007iit8aer0ff1t171vqxuyy790</a>
How to connect with others	<a href="https://www.ted.com/playlists/367/when_you_re_having_a_hard_time">https://www.ted.com/playlists/367/when_you_re_having_a_hard_time</a>
How to easily and quickly find a job using LinkedIn	<a href="https://m.youtube.com/watch?v=zZAhMrykTx4">https://m.youtube.com/watch?v=zZAhMrykTx4</a>
How To Help Someone With Depression	<a href="http://inkandfeet.com/how-to-help-someone-with-depression">http://inkandfeet.com/how-to-help-someone-with-depression</a>
How to Look Good in Skype Interviews: Tips and Training	<a href="https://www.youtube.com/watch?v=rQwanxQmFnc&amp;app=desktop">https://www.youtube.com/watch?v=rQwanxQmFnc&amp;app=desktop</a>
How to make yourself more employable: Become a freelance contractor	<a href="http://www.cbc.ca/news/canada/calgary/how-to-become-a-freelance-contractor-1.3839759">http://www.cbc.ca/news/canada/calgary/how-to-become-a-freelance-contractor-1.3839759</a>
How To Make Yourself Work When You're Not In The Mood	<a href="https://www.linkedin.com/pulse/how-make-yourself-work-when-youre-mood-dr-travis-bradberry?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BOSZdSVPJPGiAQd%2FyY9lh8w%3D%3D">https://www.linkedin.com/pulse/how-make-yourself-work-when-youre-mood-dr-travis-bradberry?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BOSZdSVPJPGiAQd%2FyY9lh8w%3D%3D</a>
How to Redesign Your Life for Success and Happiness	<a href="https://www.entrepreneur.com/video/289351">https://www.entrepreneur.com/video/289351</a>
How to sell yourself after you've been out of the workforce	<a href="http://globalnews.ca/video/3024048/how-to-sell-yourself-after-youve-been-out-of-the-workforce">http://globalnews.ca/video/3024048/how-to-sell-yourself-after-youve-been-out-of-the-workforce</a>
How to stay positive during a long job search	<a href="https://beta.theglobeandmail.com/report-on-business/careers/leadership-lab/how-to-stay-positive-during-a-long-job-search/article32316878/?ref=http%3A%2F%2Fwww.theglobeandmail.com&amp;service=mobile">https://beta.theglobeandmail.com/report-on-business/careers/leadership-lab/how-to-stay-positive-during-a-long-job-search/article32316878/?ref=http%3A%2F%2Fwww.theglobeandmail.com&amp;service=mobile</a>
How to Tell if a Job Interview Went Well: 7 Signs You Rocked It	<a href="https://www.roberthalf.com/officeteam/blog/how-to-tell-if-a-job-interview-went-well-7-signs-you-rocked-it">https://www.roberthalf.com/officeteam/blog/how-to-tell-if-a-job-interview-went-well-7-signs-you-rocked-it</a>
How to's of Networking and Connecting and 8 Benefits to You	<a href="https://www.linkedin.com/pulse/connecting-others-mary-ann-owens-phd?trk=pulse_spock-articles">https://www.linkedin.com/pulse/connecting-others-mary-ann-owens-phd?trk=pulse_spock-articles</a>
How Work Will Change When Most of Us Live to 100	<a href="https://hbr.org/2016/06/how-work-will-change-when-most-of-us-live-to-100?referral=00563&amp;cm_mmc=email- -newsletter- -daily alert- -alert_date&amp;utm_source=newsletter_daily_alert&amp;utm_medium=email&amp;utm_campaign=alert_date">https://hbr.org/2016/06/how-work-will-change-when-most-of-us-live-to-100?referral=00563&amp;cm_mmc=email- -newsletter- -daily alert- -alert_date&amp;utm_source=newsletter_daily_alert&amp;utm_medium=email&amp;utm_campaign=alert_date</a>
How Your Brain Reacts To Change: What drives our behavior during moments of change and how best to handle it	<a href="https://www.fastcompany.com/3057733/how-to-be-a-success-at-everything/how-your-brain-reacts-to-change">https://www.fastcompany.com/3057733/how-to-be-a-success-at-everything/how-your-brain-reacts-to-change</a>
I had a black dog, his name was depression	<a href="https://m.youtube.com/watch?v=XiCrniLQGYc">https://m.youtube.com/watch?v=XiCrniLQGYc</a>
I have just been laid off for the first time: What I learned	<a href="https://www.linkedin.com/pulse/i-have-just-been-laid-off-first-time-what-learned-glenn-fullerton">https://www.linkedin.com/pulse/i-have-just-been-laid-off-first-time-what-learned-glenn-fullerton</a>



DESCRIPTION	LINK
If You're Not Outside Your Comfort Zone, You Won't Learn Anything	<a href="https://hbr.org/2016/07/if-youre-not-outside-your-comfort-zone-you-wont-learn-anything?utm_campaign=hbr&amp;utm_source=facebook&amp;utm_medium=social">https://hbr.org/2016/07/if-youre-not-outside-your-comfort-zone-you-wont-learn-anything?utm_campaign=hbr&amp;utm_source=facebook&amp;utm_medium=social</a>
Industries that are hiring despite Alberta's economic downturn	<a href="http://globalnews.ca/video/3010102/industries-that-are-hiring-despite-albertas-economic-downturn/">http://globalnews.ca/video/3010102/industries-that-are-hiring-despite-albertas-economic-downturn/</a>
Infographic Resume	<a href="http://resumup.com/?utm_source=facebook&amp;utm_medium=paid_ads&amp;utm_campaign=Conversions&amp;utm_term=Lookalike_Signup_CA_NewsFeed&amp;utm_content=BlueWooden">http://resumup.com/?utm_source=facebook&amp;utm_medium=paid_ads&amp;utm_campaign=Conversions&amp;utm_term=Lookalike_Signup_CA_NewsFeed&amp;utm_content=BlueWooden</a>
Inside Out: Emotional Truths by Way of Pixar	<a href="https://www.psychologytoday.com/blog/beyond-heroes-and-villains/201506/inside-out-emotional-truths-way-pixar">https://www.psychologytoday.com/blog/beyond-heroes-and-villains/201506/inside-out-emotional-truths-way-pixar</a>
Is full-time work bad for our brains?	<a href="http://www.bbc.com/capital/story/20160714-is-full-time-work-bad-for-our-brains">http://www.bbc.com/capital/story/20160714-is-full-time-work-bad-for-our-brains</a>
Is it time to change your working lifestyle and create a Portfolio Career?	<a href="https://www.linkedin.com/pulse/time-change-your-working-lifestyle-create-portfolio-career-preston?trk=v-feed&amp;trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BTik1a0tchkXPOa2EoCL9QQ%3D%3D">https://www.linkedin.com/pulse/time-change-your-working-lifestyle-create-portfolio-career-preston?trk=v-feed&amp;trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BTik1a0tchkXPOa2EoCL9QQ%3D%3D</a>
Is tech recruitment broken? Clueless HR blamed for demanding the impossible from IT workers	<a href="http://www.techrepublic.com/article/is-tech-recruitment-broken-clueless-hr-blamed-for-demanding-the-impossible-from-it-workers/">http://www.techrepublic.com/article/is-tech-recruitment-broken-clueless-hr-blamed-for-demanding-the-impossible-from-it-workers/</a>
Job Interview Skills	<a href="http://www.best-job-interview.com/job-interview-skills.html">http://www.best-job-interview.com/job-interview-skills.html</a>
Job Networking Tips: How to Find the Right Job by Building Relationships	<a href="https://www.helpguide.org/articles/work-career/job-networking-tips.htm">https://www.helpguide.org/articles/work-career/job-networking-tips.htm</a>
Job Search boot camps	<a href="http://www.jobsearchbootcamps.ca/">http://www.jobsearchbootcamps.ca/</a>
Job Search Networking  the Bad  the Good   the Fantastic!	<a href="https://www.linkedin.com/pulse/job-search-networking-bad-good-fantastic-clifford-wessel?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BLY3cG6sm6tTAR4IKRvAM4g%3D%3D">https://www.linkedin.com/pulse/job-search-networking-bad-good-fantastic-clifford-wessel?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BLY3cG6sm6tTAR4IKRvAM4g%3D%3D</a>
Job vacancies in Alberta plummet by 48%: Statistics Canada figures show 35K fewer unfilled positions since 1st quarter of 2015	<a href="http://www.cbc.ca/news/canada/calgary/alberta-jobs-vacancy-rate-employment-statistics-canada-positions-1.3716514">http://www.cbc.ca/news/canada/calgary/alberta-jobs-vacancy-rate-employment-statistics-canada-positions-1.3716514</a>
JobJar connects laid-off tradespeople with Calgary homeowners looking for 'skilled doers'	<a href="http://www.cbc.ca/news/canada/calgary/jobjar-calgary-handymen-1.3410284">http://www.cbc.ca/news/canada/calgary/jobjar-calgary-handymen-1.3410284</a>
Jobless rate in Calgary reaches 10.2%, highest since 1993	<a href="http://www.cbc.ca/news/canada/calgary/statistics-canada-unemployment-calgary-alberta-edmonton-1.3836707">http://www.cbc.ca/news/canada/calgary/statistics-canada-unemployment-calgary-alberta-edmonton-1.3836707</a>
Jobs are available, but people aren't taking them	<a href="http://alberta.ctvnews.ca/video?clipId=927539">http://alberta.ctvnews.ca/video?clipId=927539</a>
John McCallum wants to 'substantially increase' immigration to fill Canada's labour needs	<a href="http://www.cbc.ca/beta/news/politics/john-mccallum-substantially-increase-immigration-labour-shortages-1.3718831#commentwrapper">http://www.cbc.ca/beta/news/politics/john-mccallum-substantially-increase-immigration-labour-shortages-1.3718831#commentwrapper</a>
Know Your Strengths, Follow Your Passions	<a href="https://www.linkedin.com/pulse/know-your-strengths-follow-passions-mark-taylor-p-eng-cec?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BC8a%2FDpWg3OIXKdsvAQtd0g%3D%3D">https://www.linkedin.com/pulse/know-your-strengths-follow-passions-mark-taylor-p-eng-cec?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BC8a%2FDpWg3OIXKdsvAQtd0g%3D%3D</a>
Laid-off Calgarians band together for support	<a href="http://www.cbc.ca/news/canada/calgary/laid-off-calgary-support-group-1.3500822">http://www.cbc.ca/news/canada/calgary/laid-off-calgary-support-group-1.3500822</a>

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Laid-off workers seek next move at Global Petroleum Show	<a href="http://calgaryherald.com/business/local-business/laid-off-workers-seek-next-move-at-global-petroleum-show">http://calgaryherald.com/business/local-business/laid-off-workers-seek-next-move-at-global-petroleum-show</a>
Leadership Lab: Why you didn't get the job	<a href="http://www.theglobeandmail.com/report-on-business/careers/leadership-lab/why-you-didnt-get-the-job/article33644030/">http://www.theglobeandmail.com/report-on-business/careers/leadership-lab/why-you-didnt-get-the-job/article33644030/</a>
Leading Essentially: Performing At Your Best In Critical Moments	<a href="https://leadingessentially.com/2016/11/20/performing-at-your-best-in-critical-moments/">https://leadingessentially.com/2016/11/20/performing-at-your-best-in-critical-moments/</a>
Legend of Oprah Winfrey's Life-Changing Advice On Failure	<a href="https://www.youtube.com/watch?v=Ple6i-EI2S8-EI2S8&amp;usg=AFQjCNEp9Elael22ogYuFSF6RRsf3Nv3Fw&amp;sig2=xKIEG-KVY0RB2KzTtSMR5A&amp;bvm=bv.147448319,d.cGc">https://www.youtube.com/watch?v=Ple6i-EI2S8-EI2S8&amp;usg=AFQjCNEp9Elael22ogYuFSF6RRsf3Nv3Fw&amp;sig2=xKIEG-KVY0RB2KzTtSMR5A&amp;bvm=bv.147448319,d.cGc</a>
Magic (Rhonda Bryne)	<a href="https://drive.google.com/file/d/0B0jlcUOqVDGob1c4OWIsX2dSS3c/edit?pref=2&amp;pli=1">https://drive.google.com/file/d/0B0jlcUOqVDGob1c4OWIsX2dSS3c/edit?pref=2&amp;pli=1</a>
Maintaining Your Mental Health While You Look for Work	<a href="https://www.mymentalhealth.ca/laid-off-maintaining-your-mental-health-while-you-look-for-work/">https://www.mymentalhealth.ca/laid-off-maintaining-your-mental-health-while-you-look-for-work/</a>
Matching local business with local talent	<a href="http://www.albertatalent.ca/">http://www.albertatalent.ca/</a>
Meet the Alberta 'roughneck' who made a moving plea on Parliament Hill in support of Canadian oil	<a href="http://www.cbc.ca/beta/news/canada/calgary/roughneck-bernard-hancock-parliament-hill-1.3772890">http://www.cbc.ca/beta/news/canada/calgary/roughneck-bernard-hancock-parliament-hill-1.3772890</a>
Midnight Workout	<a href="https://journal.thriveglobal.com/the-midnight-workout-d870c24305b0#.5f2ni7dyn">https://journal.thriveglobal.com/the-midnight-workout-d870c24305b0#.5f2ni7dyn</a>
MindTools: Essential skills for an excellent career	<a href="https://www.mindtools.com/pages/article/self-regulation.htm?utm_source=Facebook&amp;utm_medium=social&amp;utm_campaign=mtpage">https://www.mindtools.com/pages/article/self-regulation.htm?utm_source=Facebook&amp;utm_medium=social&amp;utm_campaign=mtpage</a>
MNP Self-Employment Program - Calgary Region	<a href="http://www.mnp.ca/en/posts/mnp-self-employment-program-calgary-region">http://www.mnp.ca/en/posts/mnp-self-employment-program-calgary-region</a>
Modern Resume, Interviews, Networking & The Hidden Job Market (by Adam Czarnecki)	<a href="https://www.youtube.com/playlist?list=PLsOLI-Wb7TLJEQWn1qFsEttFqDi8i-Yul">https://www.youtube.com/playlist?list=PLsOLI-Wb7TLJEQWn1qFsEttFqDi8i-Yul</a>
Navigating The New Economy: Career Strategies	<a href="http://calgaryelbow.ca/navigating-the-new-economy-career-strategies/">http://calgaryelbow.ca/navigating-the-new-economy-career-strategies/</a>
Neutralize Your Negative Thoughts	<a href="https://www.linkedin.com/pulse/neutralize-your-negative-thoughts-mary-ann-owens-phd?trk=pulse_spock-articles">https://www.linkedin.com/pulse/neutralize-your-negative-thoughts-mary-ann-owens-phd?trk=pulse_spock-articles</a>
NEW 2017 UI   LinkedIn 201   Profile Optimization and Branding	<a href="https://www.linkedin.com/pulse/new-2017-ui-linkedin-201-profile-optimization-branding-wessel?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3Bt1cFrOb0hyf%2BHjs8QA7FtQ%3D%3D">https://www.linkedin.com/pulse/new-2017-ui-linkedin-201-profile-optimization-branding-wessel?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3Bt1cFrOb0hyf%2BHjs8QA7FtQ%3D%3D</a>
New Future Of Work In Alberta In 2017: Hope Is Not A Strategy	<a href="https://www.linkedin.com/pulse/new-future-work-alberta-2017-hope-strategy-jackie-rafter-mba?published=t&amp;trk=hp-feed-article-title-share">https://www.linkedin.com/pulse/new-future-work-alberta-2017-hope-strategy-jackie-rafter-mba?published=t&amp;trk=hp-feed-article-title-share</a>
New Research: 90% of Oil and Gas projects delayed due to handover challenges	<a href="https://www.linkedin.com/pulse/new-research-90-oil-gas-projects-delayed-due-handover-pateman-jones?trk=v-feed&amp;trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3Bwo9jPDhudFHER8G6h6LBWA%3D%3D">https://www.linkedin.com/pulse/new-research-90-oil-gas-projects-delayed-due-handover-pateman-jones?trk=v-feed&amp;trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3Bwo9jPDhudFHER8G6h6LBWA%3D%3D</a>
Of Comfort Zones and Plants	<a href="https://www.linkedin.com/pulse/comfort-zones-plants-kathy-dueck?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3B%2BZXIwaly7ykStVSNTp1FA%3D%3D">https://www.linkedin.com/pulse/comfort-zones-plants-kathy-dueck?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3B%2BZXIwaly7ykStVSNTp1FA%3D%3D</a>



DESCRIPTION	LINK
Oil patch worker and family struggle along during difficult times	<a href="https://www.google.ca/amp/www.reddeeradvocate.com/news/oilpatch-worker-and-family-struggle-along-during-difficult-times/amp/?client=safari">https://www.google.ca/amp/www.reddeeradvocate.com/news/oilpatch-worker-and-family-struggle-along-during-difficult-times/amp/?client=safari</a>
Older Workers Need to Stop Believing Stereotypes About Themselves	<a href="https://hbr.org/2016/06/older-workers-need-to-stop-believing-stereotypes-about-themselves">https://hbr.org/2016/06/older-workers-need-to-stop-believing-stereotypes-about-themselves</a>
One You Feed	<a href="https://itunes.apple.com/ca/podcast/the-one-you-feed/id792555885?mt=2&amp;i=1000376516420">https://itunes.apple.com/ca/podcast/the-one-you-feed/id792555885?mt=2&amp;i=1000376516420</a>
Overcoming the three objections to hiring you	<a href="http://trib.al/bPOpyHO">http://trib.al/bPOpyHO</a>
Parents' Playgroup (for laid off workers who are parents of preschool children)	<a href="https://www.facebook.com/groups/1699692680268327/permalink/1873967629507497/">https://www.facebook.com/groups/1699692680268327/permalink/1873967629507497/</a>
Perfect Amount of Time to Work Each Day	<a href="https://www.linkedin.com/pulse/perfect-amount-time-work-each-day-dr-travis-bradberry?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BhTAZgTKeDOPy1uHdzbu4ew%3D%3D">https://www.linkedin.com/pulse/perfect-amount-time-work-each-day-dr-travis-bradberry?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BhTAZgTKeDOPy1uHdzbu4ew%3D%3D</a>
Playlist (8 talks): The art of meaningful conversation	<a href="https://www.ted.com/playlists/211/the_art_of_meaningful_conversa?utm_source=facebook.com&amp;utm_medium=social&amp;utm_campaign=tedsread">https://www.ted.com/playlists/211/the_art_of_meaningful_conversa?utm_source=facebook.com&amp;utm_medium=social&amp;utm_campaign=tedsread</a>
Poet Jane Kenyon's Advice on Writing: Some of the Wisest Words to Create and Live By	<a href="https://www.brainpickings.org/2015/09/15/jane-kenyon-advice-on-writing/?utm_content=buffer56f22&amp;utm_medium=social&amp;utm_source=linkedin.com&amp;utm_campaign=buffer">https://www.brainpickings.org/2015/09/15/jane-kenyon-advice-on-writing/?utm_content=buffer56f22&amp;utm_medium=social&amp;utm_source=linkedin.com&amp;utm_campaign=buffer</a>
Power of believing that you can improve	<a href="https://www.ted.com/talks/carol-dweck-the-power-of-believing-that-you-can-improve?language=en">https://www.ted.com/talks/carol-dweck-the-power-of-believing-that-you-can-improve?language=en</a>
Practice the silence	<a href="https://www.youtube.com/watch?v=QU2SRQFTjY&amp;feature=youtu.be">https://www.youtube.com/watch?v=QU2SRQFTjY&amp;feature=youtu.be</a>
Q+A: The Re-engage Workshop Series: Helping Laid-Off Calgarians Re-engage in the Workforce	<a href="http://cmha.calgary.ab.ca/qa-re-engage-workshop-series-helping-laid-off-calgarians-re-engage-workforce/">http://cmha.calgary.ab.ca/qa-re-engage-workshop-series-helping-laid-off-calgarians-re-engage-workforce/</a>
React.js Conf 2016 - Helena Milosevic - Demystifying Tech Recruiting	<a href="https://m.youtube.com/watch?v=N233T0epWTs">https://m.youtube.com/watch?v=N233T0epWTs</a>
Recruiter Top 10: Ways to Stay Productive When You're Unemployed	<a href="https://www.recruiter.com/i/recruiter-top-10-ways-to-stay-productive-when-youre-unemployed/">https://www.recruiter.com/i/recruiter-top-10-ways-to-stay-productive-when-youre-unemployed/</a>
Re-engage Workshops supporting Calgary's workforce	<a href="http://www.calgaryeconomicdevelopment.com/workforce/labour-market-overview/workshops/">http://www.calgaryeconomicdevelopment.com/workforce/labour-market-overview/workshops/</a>
Reframing for Progress	<a href="https://www.linkedin.com/pulse/reframing-progress-mary-ann-owens-phd?published=t">https://www.linkedin.com/pulse/reframing-progress-mary-ann-owens-phd?published=t</a>
Resiliency and Recovery: How to survive and thrive in a new normal	<a href="http://mtroyal.ca/ProgramsCourses/ContinuingEducation/BoomBustYou/index.htm?bcsi-ac-591c210b19b9337b=2582364400000503YDDN8s6z1BEnivW6DzQt+2ZueG++AgAAAwUAAEOIZACMCgAAAAAAAAA%2FsCgA%3D">http://mtroyal.ca/ProgramsCourses/ContinuingEducation/BoomBustYou/index.htm?bcsi-ac-591c210b19b9337b=2582364400000503YDDN8s6z1BEnivW6DzQt+2ZueG++AgAAAwUAAEOIZACMCgAAAAAAAAA%2FsCgA%3D</a>
ReSourceYYC	<a href="http://globalnews.ca/video/2701499/resourceyyyc">http://globalnews.ca/video/2701499/resourceyyyc</a>
Resume one-pager	<a href="https://image-store.slidesharecdn.com/b5ecea-15af-44dd-8c06-0995ea2e8647-original.jpeg">https://image-store.slidesharecdn.com/b5ecea-15af-44dd-8c06-0995ea2e8647-original.jpeg</a>
Resumes 101: Accomplishment Statements	<a href="https://m.youtube.com/watch?v=bOSKynkOgQE">https://m.youtube.com/watch?v=bOSKynkOgQE</a>
Ride Don't Hide – Sunday June 25, 2017	<a href="http://ridedonthide.com/ab/ride/calgary/">http://ridedonthide.com/ab/ride/calgary/</a>
Rudyard Kipling: "Don't quit"	<a href="http://albalearning.com/audiolibros/kipling/noabandones-en.html#sthash.hi4hhDHP.dpuf">http://albalearning.com/audiolibros/kipling/noabandones-en.html#sthash.hi4hhDHP.dpuf</a>

DESCRIPTION	LINK
Sample Recommendation Template	<a href="https://befoundjobs.wistia.com/medias/99wkszfz0c">https://befoundjobs.wistia.com/medias/99wkszfz0c</a>
School of Greatness with Lewis Howes (inspiring stories from the most brilliant business minds, world class athletes and influential celebrities on the planet to help you find out what makes great people great)	<a href="https://itunes.apple.com/ca/podcast/school-greatness-lewis-howes/id596047499?mt=2&amp;i=1000380384155">https://itunes.apple.com/ca/podcast/school-greatness-lewis-howes/id596047499?mt=2&amp;i=1000380384155</a>
Simple Cure for Loneliness   Baya Voce   TEDxSaltLakeCity	<a href="https://www.youtube.com/watch?v=KSXh1YfNyVA&amp;sns=em">https://www.youtube.com/watch?v=KSXh1YfNyVA&amp;sns=em</a>
Situational Interview Questions	<a href="http://www.job-interview-wisdom.com/situational-interview-questions.html">http://www.job-interview-wisdom.com/situational-interview-questions.html</a>
Skill Gap Exposed In One Simple Chart	<a href="https://learning.linkedin.com/blog/learning-thought-leadership/the-skill-gap-exposed-in-one-simple-chart?">https://learning.linkedin.com/blog/learning-thought-leadership/the-skill-gap-exposed-in-one-simple-chart?</a>
Social Media Do's and Don'ts	<a href="https://www.thebalance.com/top-social-media-do-s-and-don-ts-2062712">https://www.thebalance.com/top-social-media-do-s-and-don-ts-2062712</a>
Stuck Between a Rock and a Hard Place	<a href="https://www.linkedin.com/pulse/stuck-between-rock-hard-place-melanie-popp?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BuEvjNHMWswvtfQef2z2MPA%3D%3D">https://www.linkedin.com/pulse/stuck-between-rock-hard-place-melanie-popp?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BuEvjNHMWswvtfQef2z2MPA%3D%3D</a>
This Is What Recruiters Look For On Your LinkedIn Profile	<a href="https://www.fastcompany.com/3067594/hit-the-ground-running/this-is-what-recruiters-look-for-on-your-linkedin-profile">https://www.fastcompany.com/3067594/hit-the-ground-running/this-is-what-recruiters-look-for-on-your-linkedin-profile</a>
This Study Reveals The 5 Biggest Regrets People Have Before They Die	<a href="https://www.linkedin.com/pulse/study-reveals-5-biggest-regrets-people-have-before-die-iwuoha?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3Bi05MO7aJcY2o%2FI9LeiDaA%3D%3D">https://www.linkedin.com/pulse/study-reveals-5-biggest-regrets-people-have-before-die-iwuoha?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3Bi05MO7aJcY2o%2FI9LeiDaA%3D%3D</a>
Three Skills You Need to Survive in the Oil Industry	<a href="https://www.linkedin.com/pulse/three-skills-you-need-survive-oil-industry-alahdal-a-hussein?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3B9YgKk9%2BOFzFhKsSzHpsOABw%3D%3D">https://www.linkedin.com/pulse/three-skills-you-need-survive-oil-industry-alahdal-a-hussein?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3B9YgKk9%2BOFzFhKsSzHpsOABw%3D%3D</a>
Tips For Networking At The Stampede	<a href="http://manpowerab.com/tips-networking-stampede/">http://manpowerab.com/tips-networking-stampede/</a>
Transferable skills learned in Laid Off Calgary that might surprise you	<a href="https://www.linkedin.com/pulse/transferable-skills-learned-laid-off-calgary-might-you-sinclair">https://www.linkedin.com/pulse/transferable-skills-learned-laid-off-calgary-might-you-sinclair</a>
Truth About Your Calling With Seth Godin & Marie Forleo	<a href="https://m.youtube.com/watch?v=AtfvZ_KOiZY&amp;feature=share">https://m.youtube.com/watch?v=AtfvZ_KOiZY&amp;feature=share</a>
Tsunami of oil sands turnarounds on the way as deferred work gets caught up	<a href="http://www.jwnenergy.com/article/2017/1/tsunami-oilsands-turnarounds-way-deferred-work-gets-caught/">http://www.jwnenergy.com/article/2017/1/tsunami-oilsands-turnarounds-way-deferred-work-gets-caught/</a>
Types of Networking Letter Examples	<a href="https://www.thebalance.com/types-of-networking-letter-examples-2063489">https://www.thebalance.com/types-of-networking-letter-examples-2063489</a>
Using the right job-hunting techniques	<a href="http://alberta.ctvnews.ca/video?clipId=1000632">http://alberta.ctvnews.ca/video?clipId=1000632</a>
Vanderlaan: Four ways to improve your chances of finding a job	<a href="http://calgaryherald.com/opinion/columnists/vanderlaan-four-ways-to-improve-your-chances-of-finding-a-job">http://calgaryherald.com/opinion/columnists/vanderlaan-four-ways-to-improve-your-chances-of-finding-a-job</a>
Varcoe: Two years into oil trouble, job hunt continues for many Albertans	<a href="http://calgaryherald.com/business/energy/varcoe-two-years-into-oil-trouble-job-hunt-continues-for-many-albertans">http://calgaryherald.com/business/energy/varcoe-two-years-into-oil-trouble-job-hunt-continues-for-many-albertans</a>
Visit Calgary	<a href="http://m.visitcalgary.com/loveyyyc?device=mobile">http://m.visitcalgary.com/loveyyyc?device=mobile</a>
Walking in nature changes your brain. Here's how	<a href="https://www.theweathernetwork.com/news/articles/being-in-nature-changes-your-brain-and-makes-you-kinder/66339/">https://www.theweathernetwork.com/news/articles/being-in-nature-changes-your-brain-and-makes-you-kinder/66339/</a>

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Want to change careers? Don't start with your resume.	<a href="http://us3.campaign-archive1.com/?u=64e45847d2066ca04bffc113a&amp;id=04757f67e8">http://us3.campaign-archive1.com/?u=64e45847d2066ca04bffc113a&amp;id=04757f67e8</a>
Want to CRUSH Your Next Job Interview? Watch this!	<a href="https://www.youtube.com/watch?v=l3qly8wz64s&amp;sns=fb">https://www.youtube.com/watch?v=l3qly8wz64s&amp;sns=fb</a>
We don't hire from oil and gas: Here's how to respond to Oilfield Hiring Stigma (OHS)	<a href="https://www.linkedin.com/pulse/we-dont-hire-from-oil-gas-heres-how-respond-oilfield-braaten">https://www.linkedin.com/pulse/we-dont-hire-from-oil-gas-heres-how-respond-oilfield-braaten</a>
Welcome to Remarkable Speakers and Leaders™ Toastmasters Club	<a href="http://rsl.toastmastersclubs.org/">http://rsl.toastmastersclubs.org/</a>
Welcome to the world's largest law of attraction community	<a href="http://www.thelawofattraction.com/">http://www.thelawofattraction.com/</a>
What Actually Makes You Excited to Go to Work in the Morning?	<a href="https://journal.thriveglobal.com/what-actually-makes-you-excited-to-go-to-work-in-the-morning-2b373243bde9#.vprg1qfdj">https://journal.thriveglobal.com/what-actually-makes-you-excited-to-go-to-work-in-the-morning-2b373243bde9#.vprg1qfdj</a>
What Are You Worth? A Lot, No Matter What You've Been Through	<a href="http://my.happify.com/hd/what-are-you-worth/">http://my.happify.com/hd/what-are-you-worth/</a>
What we're learning from online education	<a href="http://www.ted.com/talks/daphne_koller_what_we_re_learning_from_online_education">http://www.ted.com/talks/daphne_koller_what_we_re_learning_from_online_education</a>
What You Can Change and What You Cannot: Gaining the wisdom to know the difference	<a href="http://www.emotionalcompetency.com/change.htm">http://www.emotionalcompetency.com/change.htm</a>
What Your Resume Should Look Like in 2016	<a href="http://time.com/money/4171054/resume-tips-advice/">http://time.com/money/4171054/resume-tips-advice/</a>
When Networking, Being Yourself Really Does Work	<a href="https://hbr.org/2016/09/when-networking-being-yourself-really-does-work">https://hbr.org/2016/09/when-networking-being-yourself-really-does-work</a>
When you do what you fear most, then you can do anything.	<a href="http://www.inspirelivingaffirmations.com/when-you-do-what-you-fear-most-then-you-can-do-anything/">http://www.inspirelivingaffirmations.com/when-you-do-what-you-fear-most-then-you-can-do-anything/</a>
Who are you, in a nutshell? (Laid off in Alberta)	<a href="https://www.linkedin.com/pulse/who-you-describing-nutshell-elevator-speech-laid-off-stephanie">https://www.linkedin.com/pulse/who-you-describing-nutshell-elevator-speech-laid-off-stephanie</a>
Why only 2% of applicants actually get interviews	<a href="http://careers.workopolis.com/advice/only-2-of-applicants-actually-get-interviews-heres-how-to-be-one-of-them/">http://careers.workopolis.com/advice/only-2-of-applicants-actually-get-interviews-heres-how-to-be-one-of-them/</a>
Why Some of us Don't Have One True Calling   Emilie Wapnick   TEDxBend	<a href="https://www.youtube.com/watch?v=QJORI5VO1F8&amp;feature=youtu.be">https://www.youtube.com/watch?v=QJORI5VO1F8&amp;feature=youtu.be</a>
Why Tons of Failure Is the Key to Success, According to Seth Godin	<a href="http://www.inc.com/sonia-thompson/why-tons-of-failure-is-the-key-to-success-according-to-seth-godin.html?cid=sf01001&amp;sr_share=twitter">http://www.inc.com/sonia-thompson/why-tons-of-failure-is-the-key-to-success-according-to-seth-godin.html?cid=sf01001&amp;sr_share=twitter</a>
Why Volunteering is Good For Your Mental Health	<a href="http://time.com/4443752/volunteering-mental-health/">http://time.com/4443752/volunteering-mental-health/</a>
Workforce: Labor Market	<a href="http://www.calgaryeconomicdevelopment.com/workforce/">http://www.calgaryeconomicdevelopment.com/workforce/</a>
Work-Whenever-You-Want Jobs From Home	<a href="https://realwaystoearnmoneyonline.com/big-list-of-work-whenever-you-want-jobs-from-home/">https://realwaystoearnmoneyonline.com/big-list-of-work-whenever-you-want-jobs-from-home/</a>
YMMhelp.com streamlines outpouring of support for Fort McMurray fire evacuees	<a href="http://www.cbc.ca/news/canada/calgary/yymhelp-website-fort-mcmurray-fires-1.3568926">http://www.cbc.ca/news/canada/calgary/yymhelp-website-fort-mcmurray-fires-1.3568926</a>
You Are More Qualified Than You Think	<a href="http://www.forbes.com/sites/lizryan/2015/12/31/you-are-way-more-qualified-than-you-think/#292b22aa5e8b">http://www.forbes.com/sites/lizryan/2015/12/31/you-are-way-more-qualified-than-you-think/#292b22aa5e8b</a>

DESCRIPTION	LINK
Your body language shapes who you are   Amy Cuddy	<a href="https://m.youtube.com/watch?v=Ks-Mh1QhMc">https://m.youtube.com/watch?v=Ks-Mh1QhMc</a>
You're Fired: Here's A 9-Step Plan To Bounce Back	<a href="https://www.fastcompany.com/3066074/work-smart/youre-fired-heres-a-9-step-plan-to-bounce-back">https://www.fastcompany.com/3066074/work-smart/youre-fired-heres-a-9-step-plan-to-bounce-back</a>
Zen, LinkedIn, and the Art of Leveraging Your Relationships	<a href="https://www.linkedin.com/pulse/zen-linkedin-art-leveraging-your-relationships-terrence-h-seamon?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3Bu2NiCFxfu%2FHNS54kG%2FuhVA%3D%3D">https://www.linkedin.com/pulse/zen-linkedin-art-leveraging-your-relationships-terrence-h-seamon?trk=v-feed&amp;lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3Bu2NiCFxfu%2FHNS54kG%2FuhVA%3D%3D</a>