

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)	https://jobs.eagleonline.com/the-10-best-fonts-for-your-resume-infographic/?utm_campaign=PostBeyond&utm_medium=%231081&utm_source=LinkedIn&utm_term=The+10+Best+Fonts+for+Your+Resume+%28Infographic%29
10 Creative Geniuses Who Had to Fail to Succeed	http://time.com/4153387/creative-geniuses-failed-succeed/?xid=time_socialflow_facebook
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
10 Powerful Questions to Focus Your Bold New Vision	http://deborahconnors.com/10-powerful-questions-to-focus-your-bold-new-vision/
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
10 Things Job Seekers Are Tired of Hearing From Family and Friends	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
10 Ways to Move from Good to Great	https://www.linkedin.com/pulse/10-ways-move-from-good-great-mary-ann-owens-phd?trk=pulse_spock-articles
11 Easy Acts Of Kindness To Perform This Weekend	http://www.huffingtonpost.com/entry/acts-of-kindness_us_5825f287e4b0c4b63b0c4ca4?section=us_good-news&utm_content=46394712&utm_medium=social&utm_source=facebook
11 Freelance Websites To Find Work (Upwork Alternatives)	http://adriancruce.com/2016/05/11-freelance-websites-find-work/
11 Habits of Mentally Strong People	https://www.linkedin.com/pulse/11-habits-mentally-strong-people-dr-travis-bradberry?trk=v-feed&lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BiYhVbAvBmTcTbuNVDePatg%3D%3D
11 Quotes To Remember When You Feel Lost In Life	https://www.powerofpositivity.com/11-quotes-to-remember-when-you-feel-lost-in-life/?c=viral
11 Tips for Maintaining your Positive Attitude	http://www.lifehack.org/articles/communication/11-tips-for-maintaining-your-positive-attitude.html
13 Job Interviews We'd Love to Attend	https://brightside.me/creativity-art/13-job-interviews-wed-love-to-attend-256560/
13 Things You Should Give Up If You Want To Be Successful	https://medium.com/personal-growth/13-things-you-need-to-give-up-if-you-want-to-be-successful-44b5b9b06a26#.nn4da0f5w
15 Ways To Make A Bad Job Better	http://www.forbes.com/sites/lizryan/2016/10/16/15-ways-to-make-a-bad-job-better/#c75b8eb7640c
16 of the Trickiest Job Interview Questions, and How to Nail Them	http://www.rd.com/advice/work-career/job-interview-questions/1/

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

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

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

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

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

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

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

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

DESCRIPTION	LINK
Sample Recommendation Template	https://befoundjobs.wistia.com/medias/99wkszfz0c
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)	https://itunes.apple.com/ca/podcast/school-greatness-lewis-howes/id596047499?mt=2&i=1000380384155
Simple Cure for Loneliness Baya Voce TEDxSaltLakeCity	https://www.youtube.com/watch?v=KSXh1YfNyVA&sns=em
Situational Interview Questions	http://www.job-interview-wisdom.com/situational-interview-questions.html
Skill Gap Exposed In One Simple Chart	https://learning.linkedin.com/blog/learning-thought-leadership/the-skill-gap-exposed-in-one-simple-chart?
Social Media Do's and Don'ts	https://www.thebalance.com/top-social-media-do-s-and-don-ts-2062712
Stuck Between a Rock and a Hard Place	https://www.linkedin.com/pulse/stuck-between-rock-hard-place-melanie-popp?trk=v-feed&lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BuEvjNHMWswvtfQef2z2MPA%3D%3D
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
This Study Reveals The 5 Biggest Regrets People Have Before They Die	https://www.linkedin.com/pulse/study-reveals-5-biggest-regrets-people-have-before-die-iwuoha?trk=v-feed&lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3Bi05MO7aJcY2o%2FI9LeiDaA%3D%3D
Three Skills You Need to Survive in the Oil Industry	https://www.linkedin.com/pulse/three-skills-you-need-survive-oil-industry-alahdal-a-hussein?trk=v-feed&lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3B9YgKk9%2BOFzFhKsSzHpsOABw%3D%3D
Tips For Networking At The Stampede	http://manpowerab.com/tips-networking-stampede/
Transferable skills learned in Laid Off Calgary that might surprise you	https://www.linkedin.com/pulse/transferable-skills-learned-laid-off-calgary-might-you-sinclair
Truth About Your Calling With Seth Godin & Marie Forleo	https://m.youtube.com/watch?v=AtfvZ_KOiZY&feature=share
Tsunami of oil sands turnarounds on the way as deferred work gets caught up	http://www.jwnenergy.com/article/2017/1/tsunami-oilsands-turnarounds-way-deferred-work-gets-caught/
Types of Networking Letter Examples	https://www.thebalance.com/types-of-networking-letter-examples-2063489
Using the right job-hunting techniques	http://alberta.ctvnews.ca/video?clipId=1000632
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
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
Visit Calgary	http://m.visitcalgary.com/loveyyyc?device=mobile
Walking in nature changes your brain. Here's how	https://www.theweathernetwork.com/news/articles/being-in-nature-changes-your-brain-and-makes-you-kinder/66339/

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

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