



**EMPLOYABILITY NETWORK**  
**RÉSEAU D'EMPLOYABILITÉ**

of Cornwall and Area  
de Cornwall et des  
environs

## A FREE Training Session *funded by EOTB*

May 11<sup>th</sup>, 2017 from 12:30 to 4:00 pm

Cornwall Public Library,  
45 Second Street East, Cornwall, ON K6H 1Y3

A **FREE LUNCH** will be provided by:  
Eastern Ontario Training Board



### Normal Anxiety (1-2:30 pm)

Being nervous is normal. We all feel anxious, nervous and stressed at times. But what if those feelings disrupt your everyday life? Counselling and Support Services will present "Issues with Anxiety" – a short workshop on recognizing anxiety – the differences between normal nervousness and a deeper problem which requires additional support.

Presented by Susan Hess and  
Alexandria Lewis, MA Counsellors at  
Counselling and Support Services of S.D. & G

### Using Social Media to Recruit Talent (2:30-4 pm)

You'll learn tips of how to create a social media plan that engages employees and creates an employer brand that is unbeatable. Learn how today's top employers are creating an amazing culture at work in order to compete for talent. In turn, employees are building their loyalty to these forward-thinking companies, helping to recruit new employees by using social media, enticing new recruits to come join the company. You'll learn how companies are able to save time and resources through retaining their talent and by keeping their employees engaged.

Presented by Kelly Bergeron, Director of Digital Learning at Code Heroes

**RSVP** <https://www.eventbrite.com/e/free-training-session-normal-anxiety-social-media-tickets-33209813446?ref=estw>

