

NEW WESTMINSTER



WELCOMING YOU BACK TO THE CENTRE.

As we work our way through Phase 2 of the province's re-start plan, there is optimism on the horizon and a sense of renewed energy. In keeping with recent changes, in the coming weeks, we will be welcoming clients back to the Resource Room at our centre By Appointment Only.

You'll notice a few changes as we continue to maintain COVID protocols. Increased sanitation, physical distancing and occupancy limits are in place for your safety. Living through the pandemic has had many of us reflecting on our lives and changes that we need to make as we move forward. If you're graduating, exploring career options, or needing help to get back into the job market, consider speaking to us about your options. It's been an exhausting year and a half but know that you don't need to do it alone.

Make an Appointment to come in. We're here to support you.

Office Hours:

Monday/Wednesday/Friday

8:30 am – 4:30 pm

Tuesday / Thursday

8:30am - 6:00pm

All services are available virtually. Changes to In-Person services will be coming shortly, Keep checking our website for the latest updates.



Business Resources:

- WorkBC Wage Subsidy - www.workbccentre-newwestminster.ca/employers/workbc-wage-subsidy
- New West Chamber of Commerce - newwestchamber.com
- City of New Westminster - <https://www.newwestcity.ca/business-and-economy/economic-development>

Conversations with Chris. Nailing a Virtual Job Interview (Part 1)

Remote hiring is here to stay. If you're job hunting right now, chances are you're also interviewing remotely. There are some serious upsides to this. You can avoid being late (no traffic), reference notes without being too obvious, and if you're located in a rural area and transit based, you now have access to the same opportunities as people who live in the city and drive. There are also downsides. Combined with technical problems — like forgetting you're unmuted or having a cat filter stuck on your face. You're unable to visit physical offices, meet potential teammates, and get a clear sense of a company's culture. Last but not least, now that more people have access to more (remote) jobs, your competitors, like your opportunities, have likely increased.



Here are four areas to focus on and some tips for each you can use to turn your next virtual interview into a job offer!

I. You Control Your Space

- Set up your space. Yes, you can do your interview wearing formal clothes on top and PJs on bottom. But you still need to control how the illusion of you is coming across on a 9x16 screen. You will need to use your space, and your environment, to create a strong and lasting impression.
- Have a clean, uncluttered background: Don't start rearranging your entire room. Just find a spot that is simple and free of distractions (like a blank wall or one that has a few pictures hanging on it). If your background is too cluttered, it will pull the recruiters attention away from you. You can even choose a simple virtual background instead of propping yourself in front of a messy bookshelf.
- Check your lighting: You want recruiters to view you in the best light possible; both figuratively and literally. During your call, light yourself from the front. If your light source is behind you, you'll turn into a mysterious silhouette, and the recruiter will spend their time trying to see you as opposed to focusing on what you have to say. If you have a desk light, position it towards your face so you're clearly visible. Try to use cool rather than warm light.



Do a speed test: Poor internet = poor communication. To ensure your internet is working at optimum speed, ask family members or roommates to log out while you're in your interview. If you don't trust your WiFi, connect by plugging in your local area network (LAN) cable. You can also test your connection through a simple Google search for "Internet speed test."

II. Preparation

- Prepare for the unexpected. Unlike traditional face-to-face interviews, virtual interviews can be conducted from the comfort of your home. Despite the familiar setting, you may still encounter some unexpected situations.
- Master the platform: Become an expert on whatever platform is chosen for your interview (WebEx, Zoom, Microsoft Teams, etc). If you have not used it before, download the interface and practice the features by doing some mock calls with a family member or a friend.
- Keep notes handy, but don't refer to them too often: During job interviews, it's standard for recruiters to ask candidates for examples of their most impactful work. Don't let this unnerve you in the moment. Create a printout or Word document of notes with crisp bullet points highlighting a few projects you want to share. The goal is to refer to your notes minimally. Use them only to remind you of points you have already practiced.
- Keep calm: If you feel stressed or overwhelmed at any point during the call, it's okay to ask your recruiter for a moment to gather yourself. You could say, "Could I take few seconds to think and answer?" Recruiters will appreciate your ability to stay calm under pressure instead of fumbling.
- Rehearse. It's easier to pick up important cues from facial expressions, gestures, body language, or tone when you meet someone face-to-face. However, these are often lost or more difficult to pick up remotely.

Looking for additional information? Part 2 of these suggestions will be shared in the next newsletter. Or to view the full article & tips on our website. <https://www.workbccentre-newwestminster.ca/about-us/newsletters-blog-media-videos/>

Chris is a Facilitator at WorkBC Centre New Westminster offering a series of Career Exploration workshops.



Hot Jobs

- IT Support Analyst - City of New Westminster
- Program Support Worker - Seniors Services Society
- Warehouse Associates - AMAZON
- Building Manager, - 5 Star Building Services
- Trades jobs - BC Infrastructure Benefits

These positions are active as of the date posted and are provided to us by our employer partners.

For information and details please contact our office.

Community CONNECTIONS:

Re Discover New Westminster

With the Province in Phase 2 of the Re-open plan and travelling on everyone's mind, just a reminder that our local businesses have been through a rough time. Check out the Re-Discover New West page & find a new business in the community to support!

<https://www.rediscovernewwest.ca/>

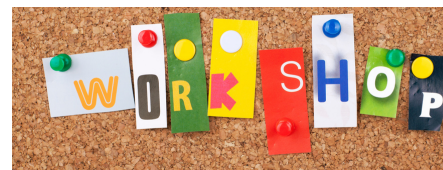
Upcoming Events in July

- Workshops
- Mid-July - opens by Appointment Only
- Jul. 15- Employer Speaker Series with 5 Star Building Maintenance.

**Workshops are open to all Case Managed clients. See website calendar for details.*

Registration is required for ALL Sessions.

Check out our social media feeds for up-to-date information on our Employer Speaker Series.



Connect with us:

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info-newwestminster@workbc.ca

www.workbccentre-newwestminster.ca

Apply for services from home! Visit <https://apply.workbc.ca/> to apply.

For the latest news and happenings
follow us on social.

