

# **ANSWERS TO SOME FREQUENTLY ASKED QUESTIONS ABOUT Sure-Start**

## **1) What is Sure-start?**

Sure-Start is a program designed and formatted to assist in pre-employment, it prepares you for employability in today's workforce. It will encourage you to become self-confident, self-disciplined, self-managed and proactive. The program gives you the skills to take control of your life and destiny and will give you the confidence to excel in today's competitive job-search market.

## **2) How long is Sure-Start?**

Sure-Start is a four weeks which can be expanded to a six week program. It runs from Monday to Thursday, 9:00 AM to 5:00 PM. And Friday 8AM to 12PM.

## **3) Who can benefit from the Sure-Start?**

Anyone who is un-employed, doesn't matter what age or education level.

## **4) What benefits will you get?**

There are many benefits:

- Increased self-esteem
- More Confidence
- Strong self-management skills
- Better appreciation of self and others
- A support system of fellow participants and facilitators
- Improved family relationships
- Effective change management
- Teamwork skills
- The ability to problem solve and think creatively
- A very positive attitude.
- Improved communication skills
- A true sense of meaning and purpose for your life
- Life coping skills.
- Stress management.
- A professional résumé, cover letter and expert interview skills.

## **5) Who provides Sure-Start?**

Sure-Start is provided exclusively by Progressive Management and Consulting Limited in cooperation with local sponsors.

## **6) What have others said about our programs?**

At the end of each program, participants are asked to complete an evaluation, a few of the comments we have received are:

- *I've learned how to raise my child. It was also a very educational course. It taught me how to like myself and others and how to treat others.*

Lori Moulard - Bonavista, NL

- *I have found it very educational. I learned how to raise my self-esteem. I now think more positively about myself and my future.*

Erin Harris - Bonavista, NL

- *I learned a better plan of action in achieving my goals; also I'm a lot more positive about things and have a better self-concept.*

Christa Lush - Gambo, NL

- *I really enjoyed this program thoroughly. I've met lot of good people and had a lot of fun. I found the course very helpful and I feel it will change my life. After taking this course I feel better about myself and I think I have a lot to offer to the work industry.*

Elsie Bastow- Gander, NL

- *I enjoyed the program so much. When I came here my self-esteem was so low, now I feel I can take on the world.*

Maria Hoskins - Gander, NL

- *By doing this program, I feel I have gained a lot of knowledge concerning job search and interview skills.*

Millicent Hooper - Marystown, NL

- *I thought this program was the best thing I ever done since I graduated high school. It is very important to me to be the best I can be.*

Jason Wellman - Springdale, NL

- *I really enjoyed the program and met friendly people. I will miss this program. I plan to achieve what I have learned.*

Wanda Anstey - Jackson's Cove, NL

- *It's something everybody needs! I met a lot of new people. Had a lot of fun.*

Goldie Marsh- King's Point, NL

#### **8) Where can I get more information about Sure-Start or other programs that are available?**

You can find out more about Sure-Start by contacting:

Progressive Management Consulting Limited  
P.O. Box 127  
Coley's Point, NL  
A0A-1X0  
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