

Winter

2017

# Career Momentum



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## Message from CDAA Board Chair Tracey Campbell

by Tracey Campbell

Chair, Board of Directors, Career Development Association of Alberta

Happy Holidays! Wishing you all the joys of the holiday season... the warmth of home, the love of family, and the laughter of good friends. Let's take a moment this holiday season to thank our colleagues, families and friends for the support ...

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## CDAA Update from Executive Director Paula Wischoff Yerama

by Paula Wischoff Yerama, CCDP

Executive Director, Career Development Association of Alberta

Shorter days, crisper temperatures, and blankets of snow should have been my first clue that the holiday season was approaching, but it wasn't until a colleague exclaimed "Happy Holidays" at the end of a conference call in mid-November that ...

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## Alberta Career Development Conference

2018: perspectives and possibilities

by Paula Wischoff Yerama, CCDP  
Executive Director, Career Development Association of Alberta

The Career Development Association of Alberta's (CDAA's) Alberta Career Development Conference (ACDC) has been touted by delegates as one of the best career development conferences they have attended and by all reports, year ...

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## CAREER CURRENTS

Compiled by Tracey Campbell  
CDAA Marketing & Communications Team

*Computing Disciplines: A Quick Guide for Prospective Students and Career Advisors*

- It is produced by Mount Royal University and funded by CERIC.
- It outlines the five computing disciplines ...

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## Career Development Professionals: What do you know about your profession?

Compiled by Tracey Campbell

Career Development is defined in the Canadian Standards and Guidelines for Career Development Practitioners as the lifelong process of managing learning, work, and transitions in order to move toward your preferred future. Career ...

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## On Alis: Self-Employment Traits and Attitudes

by Government of Alberta

Succeeding as a self-employed person requires certain traits and attitudes. Knowing what they are—and taking an honest look at whether you have them—can help you figure out if you have what it takes to succeed. ...

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## Alberta Supports expanding

by Government of Alberta

You may have noticed the opening of a new Alberta Supports Centre in your community or that your local Alberta Works Centre has been transformed into an Alberta Supports Centre. And you might be wondering, what's the difference? ...

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## Uniform Change Can Bring Cultural Barriers Into Focus

by David S. Blackburn CD, Major retired, Director of Military Employment Services, Prospect Human Services

When it comes to resilience, members of the Canadian Armed Forces have to rate above almost every other labour force. Who else has to endure a job interview that takes 14 weeks and involves mud, sweat, and live ammunition? Who else ...

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## Navigating Effective Maternity Leave Career Transitions by Developing a Personal Strategy of Resilience

by Avra Davidoff M.C., R. Psych

Resiliency (the ability to adapt and bounce back when things don't go as planned) is a skill that is more important than ever before as employees and entrepreneurs struggle to effectively balance their portfolio of roles and responsibilities. Add to that ...

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## Using Career Development to Support Career Resilience in Post-Secondary Transitions to the Workforce

by James Landsburg and Tatiana Reynolds

To work with clients in the career development field means to touch their lives directly and influence their personal and professional growth to achieve their career aspirations. Such work is not an easy task as it requires continuous ...

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## How to be Resilient through Job Loss

by Mary-Ann Owens

When people lose their jobs they often go through other losses as well. These can include loss of their network, structure or routine, self-esteem and self-confidence, sense of security, professional identity and purposeful activities. A job can ...

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## Resilience ... a required skill for healthy workplaces

by Charmaine Hammond, MA, BA, CSP

Now more than ever resilience is a required skill to help employees succeed and grow with the organization, build respectful healthy workplaces, and work in quickly changing or high demand workplaces. We live and work ...

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## 3 Stages to results: Managing your emotions through career transition

by Marie Gervais, PhD., GEO, Shift Management Inc.

If you have a career history but are transitioning to a new job, career or industry, you are probably worried about the answers to these questions. What if I'm unemployable? Who would consider hiring me? Am I up to date with what employers ...

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## Tackling Career Transition like a Spartan

by Paula Wischoff Yerama, CCDP

In 2015, thanks to my new found group of fitness friends, I was introduced to the world of Obstacle Course Racing. My fitness journey had kicked off that January with a 5 km Resolution Run. It took me close to an hour to complete ...

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Member Benefits ...

## Connecting on Social Media

by Nayelli Perez

The Career Development Association of Alberta (CDAA) has a membership base of over 300 career development and related practitioners and a database of over 1500 future members in Alberta, other provinces, and even other countries. ...

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Profile of a Career Development Professional:

## Melissa Maschke

by Nayelli Perez

We had a chance to learn more about one of CDAA's members, Melissa Maschke. Melissa is the Owner of Key Employment Services. In her role, she is a contractor with Alberta Works, providing services in workplace training, human ...

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## - New Members / New CCDPs -

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### **New Members: Individuals & Organizations**

Kim Ayre, Edmonton  
Lincoln Brierley, Edmonton  
Ioana Bucsa, Edmonton

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WELCOME

### **New CCDPs**

Annegirl Berin, Calgary  
Layla Briggs, Calgary  
Lynda Kope, Edmonton

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CONGRATULATIONS

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## - Upcoming Events -

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ACDC 2018 ... [read more](#)

### **Current. Connected. Career Momentum.**

CDAA Marketing & Communications Committee

Career Momentum has been keeping CDAA members current and connected for many years thanks to member and guest writer contributions. Do you have a best practice, resource, or tool you would like to share? Does your organization offer ...

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