

## Are You Stuck?

September is a time of beginnings, mostly for kids who are heading back to school (happily, or not) and those of us who once again return to post-summer routines (happily, or not). It's a great time for taking stock, too. Just like farmers are assessing their yields and hunters are preparing for the upcoming season, we here at the Training & Learning Centre are planning ahead, too.

And that's where some of you may come in. If you are looking for a job, trying to get a promotion, thinking about going back to school or wanting to become more involved in your community, it's a perfect time to do what we call a "skills check-up". You may have been away from school for awhile, working in a job where you didn't need computer skills, math skills, writing skills and now you find that you want to fill these gaps in your skills and begin to learn again.

Along with that sometimes comes a sense of being stuck. Being stuck can look like this: you are keen to take on a new challenge, you anticipate that it may require new or different skills than those you have been using over the last little while, and you aren't sure what to do next. Part of you would rather not know about these gaps in your talents and expertise. Another part of you knows that finding this out is the next step in doing what you really want to do in life.

We can help you get unstuck. The Training & Learning Centre offers a confidential skills check-up along with the training or upgrading you need to reach your goals. Best of all ... it really is free. In fact, we are offering it, not only in **Eganville** and **Barry's Bay** this fall, but also in **Killaloe**.

TLC specializes in teaching adults in small group settings, with lots of one-to-one support. We help you set your own learning goals, and you proceed at a pace that helps you learn in ways that work best for you as an individual.

If you're stuck, please call our Program Manager, Sue Rupert, at 613-628-1720 anytime between 9 AM and 4 PM Monday-Friday. Or drop in at 232 Bridge St in Eganville to find out more about us.