

# Exploring Options Leads to New Opportunities

If the COVID pandemic has taught us anything, it is that life can throw you some curveballs. But that really isn't anything new. Innovation, changing trends and automation have wreaked havoc on many industries and careers. Older workers are especially at risk for this situation. Mature workers who live in the Okanagan with higher costs of living, may also be required to go back to work when they have already retired from their first career. Starting over can be a difficult time for anyone and it is critical that older workers recognise they still have so many skills and so much knowledge to offer. On the positive side, starting over also offers fabulous new opportunities where you can follow a dream, gain new skills, learn something about yourself and connect with a whole new community of people.

KCR Community Resources, a multi-service agency that fosters diversity, collaboration and resourcefulness by tailoring services to meet community, family and individual needs, may have the perfect answer for anyone facing employment changes or wanting to explore new opportunities. We offer a variety of programs through the Employment Services team, including the unique Jobs4All program that can support people any age facing a variety of barriers to fulfilling employment. For those individuals 55 and better however, the Options 55+ is a free program tailor-made for mature adults looking to add meaningful work to their lives by exploring their passions, developing their skills and boosting their confidence.

Suzie Docherty is the lead facilitator for Options55+ and as she explains "Our program helps participants find meaning, direction and confidence. I always say, 'Who you are makes a difference,' and I love seeing people discover this light inside of themselves. Life and work skills really mean something, and you can give back with them. Participants get to connect for themselves how they can

leverage their skills and experiences as mature adults and sell those highly desirable attributes to potential employers."

Crystal Cleghorn, a long time radio broadcaster in Western Canada was a recent participant and shared her experience with the program:

*"I came to KCR to join the Options 55+ employment program with experience in a long standing professional career. That industry has changed significantly, prompting me to pursue an employment program to consider career transition. I joined Options 55 + in 2020 and through the curriculum discovered how to identify and leverage my diverse transferable skills, hone in on viable industry areas for long-term, fulfilling employment and best practices for job search. These best practices included optimal resume and cover letter presentations and nailing the interview. Along with my Employment Case Manager I identified the tourism sector, specifically the wine industry as a top area of interest. Options 55+ connected me to the Thompson Okanagan Tourism Association Tourism Diploma Program. Through the course I received comprehensive education on tourism in the Central Okanagan, diversity training and other related short-term certificates and networked with industry professionals to secure employment. I add that the Options 55+ experience helped me know myself, through guided self-assessments, and class and one on one coaching, my personality and career interests, and provided resources for direction for this important career transition."*

If you are looking to explore new options, give KCR Community Resources a call. Courage Bonnefoy is the Employment Services Manager and she and her team will help you get on a new path. P: 250-763-8008 x251 or [employmentservices@kcr.ca](mailto:employmentservices@kcr.ca).



# Are You Unemployed? Looking for Work? And Over 55 years of age?

*KCR is excited to bring you Options 55+ Employment Skills and Training Program!*

Options 55+ is specifically designed to assist job seekers 55 years of age or better to re-enter the workforce. This program provides you with what you need to be successful: One-to-one support, group training modules and workshops, computer training, assistance in job search and much more. In addition, we partner with local community agencies, we provide follow-up support, and assist you to attain skills training to prepare for work in your chosen career. All services are customized to what you need!!

## **This program offers:**

- 5 modules of employment and skills development training
- Career assessments
- Resume writing assistance
- Specific short-term certificates as needed
- Basic Computer training

- Identification of transferable skills
- Individualized job search assistance/coaching
- Mentorship opportunities in your chosen field
- Job placement assistance and follow up supports

## **You are eligible for Options 55+ if you are:**

- Unemployed or have unstable or unsustainable employment
- 55 years or over
- Living in British Columbia
- A Canadian Citizen, Permanent Resident or Protected Person Entitled to Work in Canada and
- Not a full-time student

## **Start whenever you like – free customized services to meet your needs!**

For more info contact Courage Bonnefoy

Email: [employmentservices@kcr.ca](mailto:employmentservices@kcr.ca)



Canada



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**KCR**

COMMUNITY RESOURCES

Enhancing Lives - Connecting Communities

***Options 55+***  
*Employment Skills & Training Program*

**ARE YOU UNEMPLOYED?  
LOOKING FOR WORK?  
AND OVER 55 YEARS OF AGE?**

**Wondering what work  
looks like for you now?**

**We can help!**



SCAN THE QR CODE OR CONTACT US

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