

THE CONNECTION

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Fight or Flight

In this article, *fight* or *flight* refers to how we handle new challenges. It is a fundamental concept each of us needs to address. Life will test our resolve on this principle many times.

Do you run (*flight*) from new challenges and opportunities? Or, do you accept the test that is being presented and make the best of the learning experience (*fight*)? *Fight* doesn't mean getting into an actual fight. It means being determined to make the best of a new or difficult situation.

Certainly there are many times you will need to run (*flight*) from a

threat or danger. However, in some cases we use *flight* as a reason to avoid something. Question: Are you taking *flight* simply because you don't like something, it's too hard, or because you are afraid of what someone else might think?

Let's say the skill that needs the most improvement for you is math. In the past, you may have blamed others and made excuses for your poor performance. That is *flight*. An example of *fight* is when you decide to meet the challenge of improving this skill. In this case, *fight* means getting

extra help, studying yourself, or possibly taking a class.

You will notice several things when you choose *fight* over *flight*. *Fight* is harder, fewer people are choosing it, and your rewards will be in direct proportion to your efforts. Your ability to clearly identify the important issues and then go about handling the experience, will pay big dividends in your future success.

Each time you meet these challenges you will learn more about yourself and the world around you. *Fight* is harder than *flight*, but it will make you stronger.

Good Luck! You Are a Winner!
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Life Lessons on a Unicycle



Ever try to ride a unicycle? Many people call it "terror on a stick." But it is also a great teacher of some valuable life lessons.

You can do anything you want to if you are determined and willing to put in the extra effort. Riding a unicycle is not easy at any age.

What you can learn about life on a unicycle:

1. Some of life's lessons are painful, but keep trying.
2. Determination helps you overcome your fears.
3. You won't go very far without balance in your life.
4. Breathe naturally, even when you are afraid.
5. Practice, practice, practice.
6. Don't be concerned about what others are saying.
7. On a unicycle you will stand out in a crowd.
8. You're as old as you think you are.
9. If you believe you can, go for it.

10. You can do anything you make your mind up to do.

This doesn't mean that everyone should start riding a unicycle, but it is important to get out of your comfort zone and try something new. Some of life's most important lessons do not come easy.



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Inside this issue:

Fight or Flight	1	Wants, Needs, Desires	2
Life Lessons on a Unicycle	1	Check It Out!	2
10 Ways to Make It a Great Day	2	Upcoming Job Fairs	3

10 Ways to Make It a Great Day!

Every day has the potential to be a good, and, in some cases, a great day for you. Few of us get up in the morning thinking that we want this to be a bad day. Yet in many cases the day turns that way because of a person, an event, or because we worry about something in the future.

Every day there are numerous people or events that can prevent us from having a good day if we let them. The key is not letting them “steal your day.” In many cases we cannot control what happens to us, but we can control how we react to these events. Lao-Tzu, a Chinese philosopher said: “He who conquers others is strong; he who conquers himself is mighty.”

Below are some ideas to help you stay positive and focused on making your day great.

1. Smile, laugh and encourage others.
2. Meet each day with enthusiasm and determination.
3. Be honest with yourself and others.
4. Set goals and take action on your dreams.
5. Manage your time or be mis-managed by it.
6. When in doubt LISTEN and learn.

7. View change as an opportunity for growth.
8. Eliminate excuses.
9. Don't find fault—find a solution.
10. Count your blessings.

This is your life! Your goals!
Your Success!



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Wants - Needs - Desires

We all live in a rapidly paced world where success is often defined by the “bigger, better, faster” aspects of life i.e., bigger house, faster car, better golf score, etc. Maybe by definition that is the “rat race” most of us profess to despise. Did you know that you can control your level of involvement in it? The control switches are your wants, needs and desires.

Wants

Wants help us to improve ourselves in one or more of the five basic needs categories: I want a better job; I want to start exercising to im-

prove my health, etc. However, wants without a plan are simply wishes. In order to change “wants” into success stories you need to develop a plan that includes action steps and a timetable for completion.

Needs

Abraham Maslow, a noted professor of Psychology, theorized that people have five basic needs. In short, they are: shelter, food, security (which can include the security of employment, money, health, religion), love/belonging (friendship, family, work groups, clubs, religious

groups), and respect (a feeling of self-esteem, valued for our thoughts and ideas).

Desires

Desire is the fuel that ignites your passion. This is the most powerful of the three control switches because it directly impacts the other two. Desire has the power to change imagination into reality, doubts into risk-taking, fear of change into motivation and road-blocks into minor setbacks. Your desire, your passion, is what excites you and prepares you to meet the day's challenges.

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CHECK IT OUT!

Do you have what it takes to be an entrepreneur?

Attend a “**PROJECT GATE II**” orientation session to find out.

<u>Sessions offered each month:</u> (Please call ahead for times)	1st & 3rd Mondays, Duluth WorkForce Center	218-723-4730
	2nd Monday, Virginia WorkForce Center	218-748-2200
	3rd Monday, International Falls WorkForce Center	218-283-9427
	4th Monday, Grand Rapids WorkForce Center	218-327-4480

These sessions are open to the public.

PROJECT GATE is a program sponsored by **DEED**, the MN Department of Employment and Economic Development.

CHECK OUT THESE UPCOMING JOB FAIRS!!

Duluth WorkForce Center Job Fair

Wednesday, March 17th
 10:00 - 12:00
 320 W. 2nd St., 2nd Floor

Remember to ***dress professionally*** and have copies of your ***resume*** available to hand out to prospective employers.



12th Annual Iron Range Job Fair

Tuesday, March 23rd
 10:00 to 4:00

Thunderbird Mall, Virginia, MN



- ***Resource Area for Starting Your Own Business***
- ***Seminars:*** Employer Friendly Attire
 Polymet: Emerging Non-ferrous Mining
 Where ***Are*** Those Green Jobs?
- ***Resume Critiques, Personality Assessments***

Job Fair 2010 Lake Superior College

Wednesday, March 31st
 10:00 am to 1:00 pm
 LSC Main Concourse



- ***Job Fair 2010*** is designed to connect graduates and current students with potential employers.
- ***It's an opportunity*** to hand out resumes, speak with employers and possibly set up interviews.
- ***Past graduates are also encouraged to attend.***

*If any student is interested in continuing their education at a 4-year institution, recruiters from UM-Duluth, UW-Superior, College of St. Scholastica and Bethel University will be on hand to provide information on transfer options.