



# E-Connect for Temporary Foreign Workers in BC

Join this FREE online program to learn about:

- **Canadian Workplace Culture**  
Become culturally aware in the workplace.
- **Clear Communication**  
Learn tips on improving communication skills for better relationships and to avoid misunderstandings.
- **Assertive Communication in the Workplace**  
Build assertiveness skills essential for working in Canada.
- **Stress Management**  
Examine stresses in life and learn strategies to cope.
- **Handling Conflict**  
Understand and learn negotiation skills in resolving conflicts.

We also provide job search support and connection to employers.



For Temporary Foreign Workers who have:

- Commitment to engage in an individualized/ group online learning plan
- Adequate English language skills to participate actively in the program
- Access to a computer device and internet

To register:

**Email:** [Mary.akbari@issbc.org](mailto:Mary.akbari@issbc.org)

**Click:** <https://forms.office.com/r/eiA7NiT2vb>

**Call:** 604 374 3405



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