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► Tell me







NOVA OFFICES

- O Bowral
- O Camden
- O Campbelltown
- Caringbah
- O Engadine
- O Goulburn
- O Hurstville
- O Ingleburn
- O Katoomba
- O Penrith
- O Richmond
- O Rockdale
- O Rouse Hill
- O Springwood
- O St Marys
- O | Tahmoor
- O | Windsor
- O Yass

CEO Comment

Martin Wren

There's an important message around 'Choice & Control' that needs to be strongly pushed and explained at every opportunity. Here's the message; to be effective and truly meaningful 'choice and control' only works when information exists that informs the choices!

Mums and dads with offspring about to move into employment need to know that there are some providers that simply don't enable movement to open employment – check out these figures - click here

(Note: blank space means a number less than 20)

The outcome rates are the figures you should take into account first – these are the jobs that last. You will soon realise that there are significant differences and that these differences relate directly to how effective each service provider is.



Jobs found is your next important marker – no point in attending a program that rarely finds jobs, no matter how long those jobs might last – you need to be with an efficient provider.

You are only young once has never been truer than when applied to people with disability – this is the time to use the skills learned in school – don't listen to promises, look for actual examples that prove or disprove claims.

Hopefully you will be able to use this information to exercise control based on informed choice.

Desperately Seeking Job Seekers

Author - Ann Bolch

Do you know anyone with a disability who would like a job?



If so, put them in touch with NOVA Employment! NOVA is a disability employment service that finds award-wage work for people with disability in the general community.

NOVA now has offices in Bowral, Tahmoor, Yass and Goulburn and is desperately seeking job seekers with disability to fill the roles they have already found with willing local employers.

To date, NOVA has secured over 25 jobs in Bowral and Tahmoor alone. Outlet Manager, Michelle Hira, said she is pleased to see that the NOVA brand is already respected in the area, through their advertising on billboards, radio and TV.

'But what a lot of people don't know is that we partner with both the job seeker and the employer to ensure we match the prospective employee to the role and the business,' Michelle said. 'We also provide strong onsite job support, which means the new worker fits readily into the workplace. It's a win-win-win, for the job seeker, the employer and NOVA, too.'

So far, Michelle has found positions in industries such as hospitality, retail, agriculture, cleaning, warehousing, recreational facilities and the auto industry.

The type of people NOVA is looking for to fill the roles, includes those who are willing to work and open to trying new things. A positive attitude also helps because starting work can be tiring when you're not used to it so it's important to dig deep until you start to reap the benefits of more money, more social standing and something meaningful to do with your day.

Michelle said that it's OK to feel unsure when you haven't had a job or been unemployed for a while. 'That's what NOVA is here for. We're here to walk the journey with you.'

Some NOVA links

Watch our latest video on NOVA's Youtube channel



Become a fan of NOVA on Facebook. Recommend us to your friends.



What's news at Can-Do-Ability?



Want some great employment tips?



Interview Questions: Tell me about yourself

Steven Last - www.letsgetworking.com.au

Tell me about yourself. How would you answer this?

This is often one of the first question in an interview. It's there to get you talking because it's easy for you to answer, all you're doing is talking about yourself. So, why can this question be so stressful? The question is so open ended that it can be hard to know what information the interviewer is looking for. What you say can engage the interviewers that are present, or cause them to zone out. for this reason, it's important to show how suitable for the position you are, and not sell yourself short.

You may have heard of an elevator pitch. An elevator pitch is a short summary used to provide information about something and get the listener interested. That's what you are doing here, trying to get the interviewer interested in you. To do this there are three pieces of information you should aim to communicate when answering this question. Your background, what you can do, and why you want this job?

It's important to make sure your answer is concise. It's easy to get carried away when answering this question in an attempt to be thorough, but interviewers are not interested in your life story. Try to keep your response short, only a couple of minutes at most. Remember this question is only the first of many. You can discuss things in greater detail later on, for now just summarise everything to get them interested.



It can be difficult to know what information the interviewer is really after, because the question is open ended. Do they want to know about the professional you, meaning your education, work history, and skills? Or, are they asking about your personality, what do you like, what don't you like? The answer is somewhere in between. They want to see some of your personality, but in how it relates to the job. You can find the skills that are important to the employer by reading through the job description.

Much of the information in your answer is probably going to come from your resume, but you need to make sure you aren't repeating your resume or cover letter, word for word. When talking about what you can do, it's no time to be modest. If you have the skills the interviewer is looking for, or skills that are relevant to the job, tell them.

For the full blog, video and many more great tips - *click here*



INDUSTRY VISIT HAS ROUSE HILL TRAINEES BLOOMING

Rouse Hill Transition

It was all roses for the Rouse Hill NOVA Transition trainees on a recent industry visit to Flowers for Everyone in the Rouse Hill Town Centre.

Industry visits are just one of the ways that NOVA trainees learn about what's really involved in the world of work. Now we have a much better understanding about careers in floristry – and whether or not that's something we are interested in.

The Manager, Rebecca, and staff member Elizabeth were wonderful and taught us so much about the art of floristry and becoming a florist, as well as budgeting and business.

We had a store tour, and the staff demonstrated how to do flower arrangements: stems are trimmed to the same length and bouquets are set up in a rotating spiral. Leaves are removed to prevent bacteria from growing when they're in water. Sometimes florists use glitter to decorate flowers, or even inject dye!



Florists have to meet sales targets and plan ahead to order enough flowers. The Rouse Hill store gets deliveries three times a week. Independent florists have to go to the flower market at 2am!

Most of the flowers are grown overseas (e.g. in India, Japan, Thailand and Africa), then boxed up and sent to Australia by plane. Florists store flowers in the fridge storeroom at 7°C. The water is changed three times a week to stop bacteria growing and spoiling the flowers.

We learned that bouquets are priced per stem. One we saw was valued at \$70.

Being a florist is more physically demanding than you might think: you have to stand all day for 9 or 10 hours, lift heavy things, and your hands can get strained and stressed from thorns and stripping off leaves.

The best way to learn to be a florist is through a traineeship, so you have hands-on work plus study at TAFE. You have to learn the common names and botanical names of flowers. It takes one to two years to become qualified.

At the end of our tour, we were each given a rose!

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