



The Quiet Tenacity Immigrant Blueprint:

Your Guide to Thriving In Canada ©

On-Line Program for Internationally Educated Professionals.



Visit us:
www.quiettenacity.com

Introduction:

Understanding the journey of immigrants and internationally educated professionals (IEPs) in Canada is the cornerstone of our program. The challenges faced in employment and societal integration profoundly impact their professional and personal lives. The 'Quiet Tenacity Immigrant Blueprint' is a transformative online guide tailored to equip immigrants with the knowledge and skills needed to approach integration into Canadian society and workplaces.

Value Proposition:

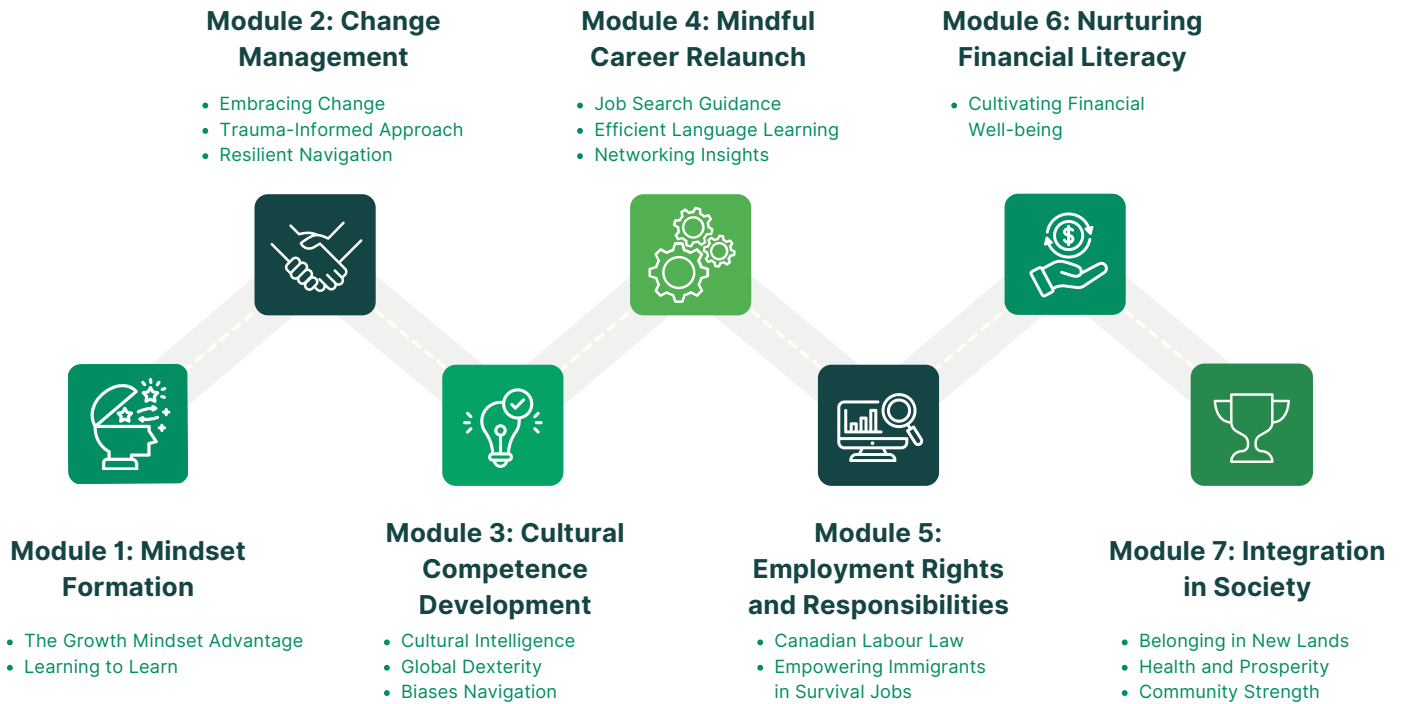
The QUIET TENACITY CLARITY MODEL® offers a holistic approach, enhancing immigrants' ability to navigate the overwhelming amount of information and focus on developing the skills and attitudes that help them progress more efficiently and effectively in a new environment. This approach provides guidance and facilitates smoother integration into Canadian society. With over 30 sessions across 7 modules, our program is designed to address the multifaceted challenges faced by internationally educated professionals (IEPs), providing them with the tools to mindfully relaunch their personal and professional lives in Canada.



Program Flow:

Each module is crafted to ensure comprehensive learning through video insights, reading materials, templates, and practical guidelines. Participants will also gain access to an exclusive community for ongoing support and engagement.

The Quiet Tenacity Immigrant Blueprint



Detailed Agenda:

Module 1 (2 Sessions)

Embark on a transformative journey with our course and discover the profound impact of beliefs on success and acquire practical strategies to cultivate a mindset that thrives on challenges. Dive into effective learning techniques, exploring the AGES Learning Model for enhanced experiences. Challenge misconceptions about age hindering learning, adapting the AGES model to your routines for an enjoyable and effective journey.

What You'll Learn:

- Understanding the transformative impact of the growth mindset on achievements.
- Navigating between fixed and growth mindsets.
- Strategies for fostering a growth mindset as an immigrant.
- Understanding the workings of learning processes in the human brain.
- Applying the AGES Learning Model for optimized learning.
- Practical strategies for attention, information processing, and effective spacing.
- Connecting learning to personal experiences for meaningful comprehension.
- Challenging age-related learning misconceptions.
- Adapting and applying the AGES model for an enjoyable and effective learning journey.



Module 2 (3 sessions)

This module explores change dynamics, trauma-informed approaches, and resilience-building strategies. Tailored for immigrants and those navigating life's shifts, the module empowers you not just to adapt but to lead positive transformations.

What You'll Learn:

- Recognize and navigate changes as an immigrant.
- Explore various change management models.
- Embrace intrinsic motivation for lasting change.
- Learn the trauma-informed change approach from Dr. Dawn Emerick.
- Develop a compelling "why" for change on a personal and family level.
- Promote neuroplasticity to enhance the brain's adaptability.
- Understand the significance of resilience in thriving in a new country.
- Cultivate resilience in its various forms.

Module 3 (5 sessions)

This module is designed for immigrants and internationally-educated professionals navigating diverse environments. Discover the significance of Cultural Curiosity, Cultural Intelligence (CQ), and Cultural Competence, and explore various frameworks within the cultural competence space. This module empowers individuals with practical strategies for adapting to new cultural contexts, fostering genuine connections, and thriving in a world shaped by change.

What You'll Learn:

- Understand Cultural Curiosity, Cultural Intelligence (CQ), and Cultural Competence.
- Navigate diverse cultural landscapes with humility and curiosity.
- Understand the impact of biases in multicultural settings.
- Develop practical skills for effective cross-cultural communication.
- Recognize and address biases, fostering equitable interactions.
- Harness the power of humility for successful cultural integration.
- Embrace the lifelong learning journey towards Cultural Competence development.
- Acquire strategies for overcoming challenges in cultural adaptation.
- Explore the concept of Global Dexterity and its significance for professional success.



Module 4 (12 sessions)

This module serves as a compass through the dynamic spectrum of emotions, challenges and decisions related to career transitions or relaunch. Immerse yourself in the empowering realm of mindfulness, where self-awareness and strategic planning become potent tools to navigate the complexities of the Canadian labour market.

What You'll Learn:

- Mindfully relaunch your career with a focus on self-awareness and strategic planning.
- SIFT through the noise by conducting trustworthy online research.
- Chart your roadmap in a new country with effective planning strategies.
- Learn a foreign language efficiently to enhance your marketability.
- Adopt a holistic approach to landing a job.
- Recognize the value of networking and how it translates to net worth.
- Differentiate between mentorship, sponsorship, and coaching, and their roles in career development.
- Master the world of resumes and cover letters for a standout application.
- Understand why informational interviews are crucial and how to leverage them.
- Develop interview agility to excel in both digital and in-person settings.
- Craft and manage your digital footprint to create a professional online persona.
- Formulate an impactful self-pitch for memorable introductions.

Module 5 (2 sessions)

Understanding your rights and responsibilities as an employee, especially as an immigrant or internationally educated professional in Canada, is not just beneficial— it's empowering. This is particularly true if you find yourself in a workplace that lacks clear guidance or procedures. This module will provide guidance on navigating employment law with confidence and where to seek advice or guidance if needed.

What you'll learn:

- Learn how acquiring knowledge about your rights and responsibilities empowers you to protect yourself and stand up for your rights if necessary.
- Discover how understanding Canadian Employment Laws ensures fair compensation, equal opportunities, and a safe working environment, enabling you to advocate for fair treatment.
- Understand how armed with comprehensive knowledge about your rights, you become an active participant in your workplace, confidently engaging with employers and addressing potential rights violations.
- Gain insights into the Ontario Employment Standards Act, focusing on actionable insights tailored to the Ontario workplace landscape.

Module 6 (4 sessions)

Discover the paramount importance of financial peace and well-being as an immigrant navigating a new country's financial landscape. This module is tailored to equip you with essential insights and practical tools. Explore the significance of feeling secure and in control of your finances, transcending cultural and language barriers. Elevate your understanding of financial systems, fostering confidence and stability as you navigate the complexities of a new life.

What You'll Learn:

- Achieving financial peace despite cultural and language challenges.
- Importance of understanding the financial system of a new country.
- Cultivating financial well-being and overcoming stress challenges.
- Starting over financially when moving to a new environment.
- Finding and engaging with a trusted financial advisor.
- Overcoming language barriers in accessing financial services.
- Understanding and adapting to the cultural context of finances.
- Resisting the urge to "keep up with the Joneses" and establishing your financial stability.
- Planning for future wealth achievement and setting clear financial goals.
- Integrating financial literacy into your personal and professional development plan.

Module 7 (5 sessions)

This module explores the fundamental need for belonging, the challenges and strategies in navigating health, the intricate art of building friendships, and the joys of exploring your new homeland. Uncover insights that will enrich your immigrant experience, offering practical guidance to enhance your well-being, connections, and cultural understanding.

What You'll Learn:

- Explore the profound human need for belonging and its significance in the immigrant journey.
- Navigate the unique challenges faced by immigrants with regards to healthcare and discover effective strategies for well-being.
- Master the art of building meaningful friendships by overcoming cultural barriers and personal challenges.
- Understand the tangible benefits of community engagement for personal well-being and collective strength.
- Discover the beauty of exploring your new country affordably, uncovering hidden gems and local traditions.
- Develop practical strategies to overcome challenges in forming genuine connections within a new culture.

Pricing:

Invest in your future in Canada for just \$290 CAD + Tax.

This investment includes full access to all modules, resources, and community support.

Visit <https://quiettenacity.com/learning/course-immigrants-guide-to-professional-success-in-canada/> to learn more and enroll today.



Program Design:

INNA TUKA, CCA, DES

Inna Rozum-Tuka is a training and development professional with over 20 years of experience in learning program design and delivery.

After immigrating to Canada from Ukraine in 2010, Inna joined the Human Resources Professionals Association, where she gained firsthand insight into the challenges that Internationally Educated Professionals (IEPs) face when launching their careers in a new country. This experience inspired her to found Quiet Tenacity, a consulting agency that bridges the expectations gap and enhances cultural competence for both employees and employers.

Inna's commitment to development of cultural intelligence and her passion for empowering individuals and organizations to thrive in diverse environments drives her work at Quiet Tenacity.

Check full bio at www.quiettenacity.com



For inquiries, contact us.

For partnership inquiries, speaking engagements, or any questions, please contact:

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