



Employment Works

tools and resources for your work search



MOSAIC

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Module 06: Working in Canada

How to successfully navigate
the Canadian labour market



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Introduction: Planning Ahead

1

Plan Ahead

Gather the information you need to make realistic and informed decisions about your future in Canada

Research your occupation

Labour Market Information (LMI) can provide you with details related to your target occupation. LMI includes information about occupational options, training programs, employment opportunities and industry trends and forecasts.

Sources for LMI include:

- www.workbc.ca
- www.jobbank.gc.ca

SEE ALSO BULLETIN

- Labour Market Information



Introduction: Planning Ahead

1

Plan Ahead

Gather the information you need to make realistic and informed decisions about your future in Canada

Research your occupation (continued)

- **Media** (Internet, radio, television, magazines, newspapers) are a good source of information about current trends, which companies are hiring and what occupations are in demand.
- **Information interviews** are another way to get information directly from people working in your specific field.



Qualifications

2

Research your Occupation

to fully understand how your occupation is practiced in Canada

Regulated Occupations

- Are occupations that may require you to be licensed and/or registered with a professional regulatory organization.
- Every regulated occupation has different requirements for licensing. They may include written/oral/practical examinations, language assessments, and credential evaluations.
- For the trades, you must be registered with the [Industry Training Authority \(ITA\)](#).

SEE ALSO BULLETIN

- Working Towards Licensure



Qualifications



Research your Occupation

to fully understand how your occupation is practiced in Canada

Non-Regulated Occupations

- Non-regulated occupations do not require any specific legal requirements. Standards are set by an employer and are based on their needs.

**SEE ALSO
BULLETIN**

- Choosing an Occupation



Work Possibilities

3

Based on your occupational research, determine the steps you need to take to work

Your Action Plan

- Identify your short and long term career goals, and the individual steps you need to take to accomplish each goal.
- Identify any challenges, and possible solutions.
- Enrol in an employment program that can provide you with the professional counselling and support while you look for work.



Work Possibilities

3

Based on your occupational research, determine the steps you need to take to work

Transitional jobs allow you to earn money while you pursue your longer term goals, and look for other opportunities.

Build your Canadian work experience by considering alternatives to full-time work – part-time, short-term contracts.



Work Possibilities

3

Based on your occupational research, determine the steps you need to take to work

Transitional jobs can help you to:

- Earn money you need to take of your most immediate needs
- Gain some practical Canadian work experience
- Grow your professional and personal networks
- Improve your English
- Learn about the Canadian workplace
- Learn more about your target occupation and industry

**SEE ALSO
WORKSHEET**

- Getting Work in my Occupation



Work Possibilities

3

Based on your occupational research, determine the steps you need to take to work

Volunteer to make connections and:

- Get valuable Canadian work experience that you can include in your résumé
- Learn new skills and gain confidence
- Make new contacts that help you find paid work
- Get a Canadian work reference
- Demonstrate your skills and experience to future employers

Visit www.govolunteer.ca to learn more

**SEE ALSO
BULLETIN**

- Volunteering



English

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Meeting English Requirements

The first step in determining your current English level is to complete an **Assessment**.

There are several different tests and some regulatory organizations may have specific requirements:

- Canadian Language Benchmarks Placement Test (CLBPT)
- International English Language Testing System (IELTS)
- Canadian English Language Proficiency Index Program (CELPIP)
- Test of English as a Foreign Language (TOEFL)



English



Meeting English Requirements

If you need to improve your English language skills, you may be eligible for free, government funded classes (LINC).

Visit [LINC at MOSAIC](#) for more information.

If you are not eligible for LINC, other options are:

- Your local school district for ESL classes
- Private language schools



The Workplace

5

Canadian Workplace Culture & Etiquette

The Canadian workplace may be very different from that in your home country.

There may be differences in how you're expected to behave, interact with your co-workers, and perform your duties.

Ask questions or check in with your supervisors if you're uncertain about anything.

SEE ALSO BULLETIN

- Essential Soft Skills for Immigrants



The Workplace

5

Canadian Workplace Culture & Etiquette

Employers' want employees who are:

- prepared and who pay attention and follow directions
- open to learning new skills
- team players who get along well with others
- on-time and call ahead if they're going to be late or need to miss work
- positive and show enthusiasm
- proactive and take the initiative to do something when it needs to get done and who make recommendations for improvement

SEE ALSO BULLETIN

- Workplace Communication



Additional resources and worksheets

Resources:

- List of BC Regulatory Organizations
- Working Towards Licensure (Bulletin)
- Labour Market Information (Bulletin)
- Choosing an Occupation
- Volunteering (Bulletin)
- Essential Soft Skills for Immigrants (Bulletin)

Worksheets:

- Occupational Research
- Getting Work in my Occupation
- CIC-BC Workbook Planning to work in BC