



Career Dimensions™ Assessment Tool

This quick and effective career assessment takes just a few minutes to complete online.

Participants who take the assessment will receive:

- The opportunity to consider the work environment that they prefer (incorporating their own natural talents, personal values, job stressors, work philosophy, and their own definition of success).
- A personalized 13-page report that they can download.
- Lists of suggested occupations to consider (including NOC codes, making it easier to research specific occupations).
- And, because career exploration is an in-depth process, and Career Dimensions™ is intended to be a part of the process (not a “quick fix”), live chat and further guidance will be available for participants who have questions.
- Participants who are looking for more assistance with career exploration will be able to take their Career Dimensions™ assessment report to their local employment or career service (such as Employment Ontario) to aid in further career conversations or career assessments.

Assessment Background:

Career Dimensions™ Online focuses on individual work preferences. Unlike many career assessment instruments, Career Dimensions™ explores the actual work environment in which clients are most comfortable by examining a variety of areas, including: the natural talents brought to work, values, major job stressors, work philosophy and definition of success.

This easy-to-understand survey is based on the Personality Dimensions® system, and draws on the research and development used to create that model. The personalized 13-page report includes lists of suggested occupations with NOC codes (exclusive to Career Dimensions™ Online), and a section for setting goals and creating next steps along their career path.

The lists of suggested occupations were compiled based on a wealth of previously published materials on type and temperament work preferences and the population statistics that have been compiled since the publication of Personality Dimensions®.

Career Dimensions™ Online is very user-friendly and is designed for use wherever a quick, effective, yet inexpensive work place assessment will enhance the job search process, e.g. job search programs, youth employment programs as well as career and co-op offices.

Assessment Company Background:

Career Dimensions™ is published by Career/LifeSkills Resources Inc. – a Canadian company that provides many of the most widely cited, highly regarded, and innovative assessments and resources in the fields of career and self-understanding/personal growth.

Assessment Facilitator Background:

Cathy Ginsberg is a certified Facilitator for Personality Dimensions® and has been using the Personality Dimensions® suite of assessments, including Career Dimensions™, since 2008. Cathy will be available online during the event to answer questions so that clients who are exploring their career path will be able to gain additional insights and support as they use the assessment.

Co-Sponsors

People Focus Training Inc.

A virtual training and coaching business located in Trent Hills, Ontario, People Focus Training Inc. was founded by Cathy Ginsberg to provide career growth and leadership development for individuals and organizations across Canada and beyond. As a Career Growth Coach, Cathy helps people get their careers back on track with clear goals, strategies, and the confidence to move ahead to where they want to be.



<https://peoplefocustraining.ca/>

Northumberland County Economic Development

Northumberland County has a dedicated team strategically planning the economic success of the County, and together they provide an affordable, development-ready community just east of Ontario's GTA. Home to the Business Entrepreneurship Centre, Venture13 Innovation Centre and Ontario Agri-Food Venture Centre, Northumberland is a hub for creation, skilled work and innovation for our future economic success.



<https://www.investnorthumberland.ca/>