

APTEC is the training and employment arm of the Native Council of Nova Scotia.

The N.C.N.S. is a grassroots, membership-driven organization and is recognized across Canada as a model of transparency, accountability and principled management.

COOKING UP SUCCESS

Jason Dorey *Chef in Training*

As a child, Jason Dorey was captivated by cooking shows and watched them like other children watched cartoons. When he reached his teens, he took his interest one step further and decided to become a cook. Today, he's enrolled in the culinary arts studies at the NSCC's Lunenburg Campus.

Dorey even has his dream workplace picked out and recently lined up a position there for when he graduates. The position wasn't advertised, so Dorey went into The Old Triangle armed with a resume and spoke with the owner. He made his case and was offered a job on the spot.

Dorey says marketing yourself is a skill APTEC helped him develop and thus land the job. "Less than 10 per

**"APTEC helped
push me in the
right direction."**

cent of jobs out there are posted," he says, which means one has to be very proactive when looking for a position. Other things Dorey learned from APTEC were how to present yourself, both for the first meeting and after that.

Dorey says APTEC also helps its clients figure out what their strengths and weaknesses are, along with what interests them for career options and what doesn't.

Without APTEC's help, Dorey says he probably wouldn't have had the support he needed to pursue his dream career.

Jason Dorey achieved his Red Seal Cook designation in May of 2015. Way to go Jason!



According to the 2011 National Household Survey of Statistics Canada,

74% of Nova Scotia's Aboriginal Peoples live, work and pay taxes off-reserve.

APTEC employs case managers, a job coach, a job developer, a contracts officer and a manager to assist Off-Reserve Mi'kmaq/Aboriginal Peoples secure training, career assistance and jobs.

LICENSED TO SUCCEED

Samantha Fralick *Licensed Practical Nurse*

Like many students, Samantha Fralick had a part-time job while she was in school. But while she was studying to become a licensed practical nurse (LPN) at the NSCC's Pictou Campus, she broke her wrist. The injury meant she couldn't work for a 13-week period of time as a continuing care assistant, a position where moving and lifting patients are integral parts of the job.

With a mortgage and other living expenses to pay for, it would have been very tight financially for Fralick and her fiancé. Worried about the effect the broken wrist would have on her schooling, Fralick contacted her APTEC case manager to let her know what happened. The case manager offered to raise her living allowance. In addition,

"It felt like I was somebody they were concerned about and wanted to help."

Fralick would often get encouraging emails from her case manager, which in turn boosted her confidence and desire to succeed. The case manager also kept in touch with Fralick's teachers to see how she was doing and would relay the positive feedback from the professors.

"I didn't feel like I was just another number in the system at APTEC," says Fralick, now an LPN at the Colchester Regional Hospital in Truro. "It felt like I was somebody they were concerned about and wanted to help."

