

A watercolor illustration of a branch with green leaves and light-colored flowers, possibly magnolias, framing the central text. The background is a light sage green with faint, stylized white leaf patterns.

PERSONNEL OPPORTUNITIES LTD

Newsletter

SPRING EDITION

2025

March

March 1 - Zero Discrimination Day
March 3 - World Wildlife Day
March 8 - International Women's Day
March 9- Daylight Savings
March 11 - Canadian Women
Physicians Day
March 17 - St. Patricks Day
March 20 - First Day of Spring
March 26 - March 30 - One Of A Kind
Spring Show
March 31 - Eid



April

April 1 - April Fool's Day
April 2 - Autism Awareness Day
April 12 - 20 - Passover
April 18 - Good Friday
April 20 - Easter
April 21 - Easter Monday
April 22 - Earth Day
April 23 - Administrative
Professionals Day
April 28 - Federal Voting



May

May 4 - Star Wars Day
May 5 - Cinco de Mayo
May 10 - Toronto Flower Market
May 11 - Mothers Day
May 14 - National Receptionists Day
May 16 - National Bike to Work Day
May 19 - Victoria Day



Why Spring Is The Best Time To Look For Employment?

As the winter frost begins to thaw and nature awakens with the promise of renewal, so too does the job market come alive with opportunities. Spring isn't just a season of blooming flowers and longer days; it's also the perfect time to begin your job search journey.



Increased Hiring Activity

Spring is traditionally a time of growth and expansion for many businesses. With the start of a new fiscal year for some companies and the end of the first quarter for others, hiring managers often have fresh budgets and resources available for recruitment. This surge in hiring activity means more job postings and greater opportunities for job seekers to find their ideal positions.

Positive Outlook and Increased Motivation

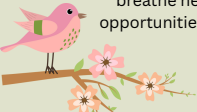
Springtime brings a sense of optimism and energy that can fuel your job search efforts. The longer days, warmer weather, and blooming surroundings can boost your mood and motivation, making it easier to stay focused and persistent in your job search. Harnessing this positive energy can help you approach your job search with enthusiasm and confidence.



Competitive Advantage

By starting your job search in the spring, you gain a competitive advantage over those who wait until later in the year. By positioning yourself early in the hiring process, you have a better chance of standing out among applicants and securing interviews before the competition heats up. Additionally, starting your job search early allows you ample time to research companies, tailor your application materials, and prepare for interviews thoroughly.

As nature awakens from its winter slumber, so too does the job market come alive with opportunities. Spring is the ideal time to breathe new life into your career aspirations and embark on your job search journey. With increased hiring activity, networking opportunities, seasonal job openings, a focus on growth and development, a competitive advantage, and a positive outlook, spring offers a fertile ground for finding employment.



Spring Recipes

Blueberry Fruit Smoothie



- 2 1/2 cup reduced-fat vanilla ice cream
- 1 cup fresh or frozen blueberries
- 1/2 cup chopped peeled fresh peaches or frozen unsweetened sliced peaches
- 1/2 cup pineapple juice
- 1/4 cup vanilla yogurt
- 1/2 cup chopped mint

Charred Asparagus & Dates With Goat Cheese

BUY CANADIAN FIRST



2
watermelon radishes or 3 red
radishes, trimmed, thinly
sliced

Zest and juice of 1 lemon
1/2
tsp. Diamond Crystal or 1/4 tsp.
Morton kosher salt, plus more
2

Tbsp. extra-virgin olive oil,
divided, plus more for drizzling
1
bunch asparagus (about 1 lb.),
trimmed

1
tsp. freshly ground black
pepper
1/4

tsp. crushed red pepper flakes
8

Medjool dates, pitted, halved
lengthwise

3
oz. fresh goat cheese
2

Tbsp. coarsely chopped mint



FIVE THINGS WE LEARN FROM SPRING'S ARRIVAL

1. We can always start again.

If you've been feeling a bit run down, super stressed and questioning why you're still doing those things that feel a chore and a bore, spending time outdoors and seeing Spring in action restores hope and optimism that you can always start anew.



2. It's a great time to de-stress.

Studies have shown that 15-20 minutes a day spent outside in a green or blue space works to lower stress, lowers blood pressure and reduces symptoms of anxiety and depression as well as lowering your risk of developing heart disease or other chronic disease.

Better still, you don't have to do anything specific in that time. Simply sitting, watching, and enjoying the natural sights and sounds is all that's required for nature to weave its magical spell.



FIVE THINGS WE LEARN FROM SPRING'S ARRIVAL

3. Embrace the season of green.

Winter can be moody, cool and wet, so the arrival of spring with trees adorned in their new cloaks of leaves, is a powerful motivator to start getting outside.

The colour green is associated with feeling calm, safe and at peace. Which explains why we use green in our homes and offices to create a sense of freshness. Soft greens are soothing. Vibrant greens are more energising. Which type of green are you most drawn to?

4. It's time to create.

Longer days and warmer weather encourage us to get outside, perfect for unleashing our imagination and coming up with some brilliant new ideas. Gaining a new perspective starts by uncoupling from your hyper focus at work, allowing your mind to relax into what's called soft fascination.

Spending time in a natural green or blue space, especially one with greater biodiversity has been shown to calm the mind of all those distracting thoughts and worries, freeing up space for fresh inspiration and insights. You can think of spring as the perfect time to declutter your mind.

FIVE THINGS WE LEARN FROM SPRING'S ARRIVAL

5. Put a spring in your step.

Time outside whether walking, hiking or just taking in the scenery does wonders for your overall well-being. Early morning sunlight helps to reset your body clock, so you sleep better. Sunlight also stimulates the production of vitamin D, vital to bone, muscle and cognitive health as well as triggering the release of serotonin, the neurotransmitter associated with feeling calm and content. All is well with the world! Breathing in fresh air and all those lovely phytocides produced by trees and vegetation work to clear your mind and strengthen your immune system.



Links

<https://drjennybrockis.com/2024/09/06/spring-has-sprung-why-its-time-to-celebrate/>

<https://www.linkedin.com/pulse/why-spring-best-time-look-employment-jk-executive-strategies-llc-mqige/>

<https://www.bonappetit.com/recipe/charred-asparagus-and-dates-with-goat-cheese>

<https://www.tasteofhome.com/recipes/blueberry-fruit-smoothie/#RecipeCard>