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About *eConnect*

Adiuvo *eConnect* is a newsletter published quarterly to provide our clients and consultants information about what's new in the world of Adiuvo. This includes information about our services. Our business model supports our client and consultants' needs. If you have any questions, please call 416-487-7700 ext. 230 or email us at grace@adiuvogroup.com.

Who We Are

Adiuvo is a Latin word that means "to help, aid and assist" and it truly captures the essence of our company. We assist clients in finding the right talent for their business and in achieving their educational and training needs, help candidates find positions that are right for them and equip them with the right knowledge, skills and attitude to make a difference, and aid charitable foundations because philanthropy is at the heart of our organization through our Charity for Life program.

We have a steadfast commitment to quality, and our professional ethics are evident across our entire business operations. Our team will go to great lengths for our clients and candidates and seek to develop long term partnerships by delivering professional recruitment and training services solutions. We recognize that our clients are looking for 'choice' and 'flexibility' in training and have built our success on a delivery approach of customized and personalized training that meets our client's needs. Adiuvo Professional Services Team

understands the importance of easy access to quality training to enable your business to grow and offers regular scheduled workshops, one-on-one training and specialized training for businesses.

WE CAN DELIVER! That raises the bar to a higher standard and meeting that challenge is what really sets us apart. In short, no matter how specialized your needs are, we guarantee to provide you the right service and we adhere to the most stringent of ethical standards as we deliver on a simple value proposition to our clients: to minimize risks and business costs.

Services We Offer



Adiuvo's services complement each other. We're here to find the right talent and a perfect fit for your organization as well as design and develop custom training programs such as Instructor-Led Training, eLearning and our latest service – the design and development mLearning. Our recruitment and training model is always based on the needs of our clients in alignment to the organization's vision and mission.



"Doing the job right the first time gets the job done. Doing the job wrong 14 times gives you job security."

Author Unknown

Let's Get Motivated At Work!

By Karen Williams, a professional development coach as published at eZine

Many people work in a job they dislike or just find it difficult to stay focused at work. The days seem long and they can't wait to get home and go out or see their family. How easy do you find it to be motivated and stay motivated at work? How would you like to make changes today to enjoy your work more?

Read on for my top tips to get you motivated at work!

1. Plan your day - it can be hard to be motivated when you see the clock going around slowly and it feels an eternity until 5pm. So plan activities into your day, such as the tasks you need to achieve, and also make time to stretch your legs, or make a drink. Then you will be amazed how fast time will pass and what you will achieve.

2. Remain positive - office politics or negative colleagues can often reduce morale and make people feel demoralized and demotivated. So what can you do to remain positive - remember the good things, the thank-yous, the positive comments and thoughtful appreciation. Then share your positivity with others.

3. Manage your projects - if you are working on a project which feels daunting or overwhelming, take some time to break it down into manageable chunks. What can you do today to move the project forward? Setting and achieving mini-goals will motivate further and help you to achieve the project.

4. Consider what you enjoy about your job - even those people who are really unhappy at work enjoy one or more aspects of their work. Remember what attracted you to the job in the first place, what do you enjoy and appreciate, and how it benefits other parts of your life.

5. Have something to look forward to - whether you are planning your next holiday or a night out with friends, schedule activities and events that you love. Or if you are working hard to afford a new car or other big expense, remind yourself of what you are doing to achieve that goal.

6. Remember that you don't have to work flat out all of the time - make sure you take a break every so often, whether you make the tea, have a chat with your colleagues or do a different task.

7. Take a lunch break away from your desk or working area - fresh air and exercise is a great motivator and it is good to give you time away from your work. It has the added advantage of making you feel more refreshed and more productive.

8. Delegate some work to others - delegation of the right tasks will help you to reduce your workload and will also give a new challenge to another person. Show them what to do, give them a timeframe and then let them get on with the task.

9. Set goals for your working future - if you don't want to be in the same job in one year's time, do something about it. Set a goal of where you want to be, and then start to work on it today. What can you do within the next two weeks to move you closer to that objective?

10. Call for help - if you are having trouble staying motivated in your job, find someone to help you. Whether you choose a colleague, friend, partner or a coach, talking about it will help you to overcome this slump and clarify what needs to change.

Hot Jobs

Project Managers

Business Analysts

IT Managers

iOS Developers

HTML 5 Developers

SAP Consultants

Contact Us



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