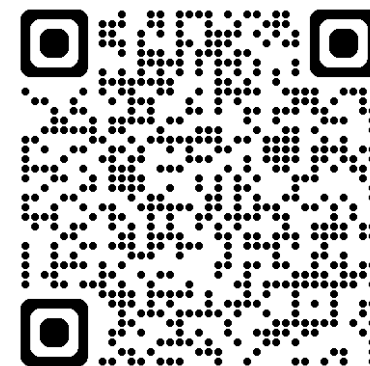


*Celebrating  
nursing  
action & impact*



**NURSING  
W E E K**

**MAY 12-18,  
2025**



# Land Acknowledgement



# R

# N

# A

# O

# 100

1. Explore RNAO's 100th anniversary webpage



[RNAO.ca/RNAO100](https://RNAO.ca/RNAO100)

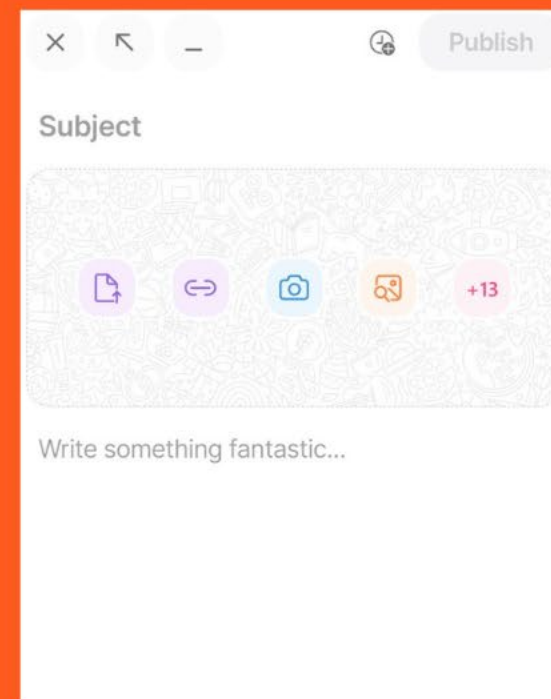
2. Sign the #RNAO100 virtual yearbook

- Share a special memory, celebratory message and/or a photo.



Virtual yearbook

## 1925-2025



## Are you an RNAO member? If not, please join us today! What is in it for YOU?

### Benefits

- [Legal protection](#) | [Member savings](#) | [Career development](#) | [Staying connected](#)
- RNAO offers [many money-saving benefits](#) that can more than offset your membership fees. Explore the menu options to find out how to make the most of your membership!
- Since 1925, we have advocated for healthy public policy, promoted excellence in nursing practice, increased nurses' contribution to shaping the health system, and influenced decisions that affect nurses and the public they serve.
- RNAO boasts more than 54,400 RNs, NPs and nursing student members in Ontario and abroad. RNAO members benefit from membership in a variety of ways.

More details: <https://rnao.ca/membership/benefits>



Solving challenges:  
**Building health care**



Join RNAO for only ~~\$256.36~~ **\$50** +HST

Join.RNAO.ca  
1-800-268-7199

**Networking and  
landing your dream  
job!**

# RNAO Nursing Week

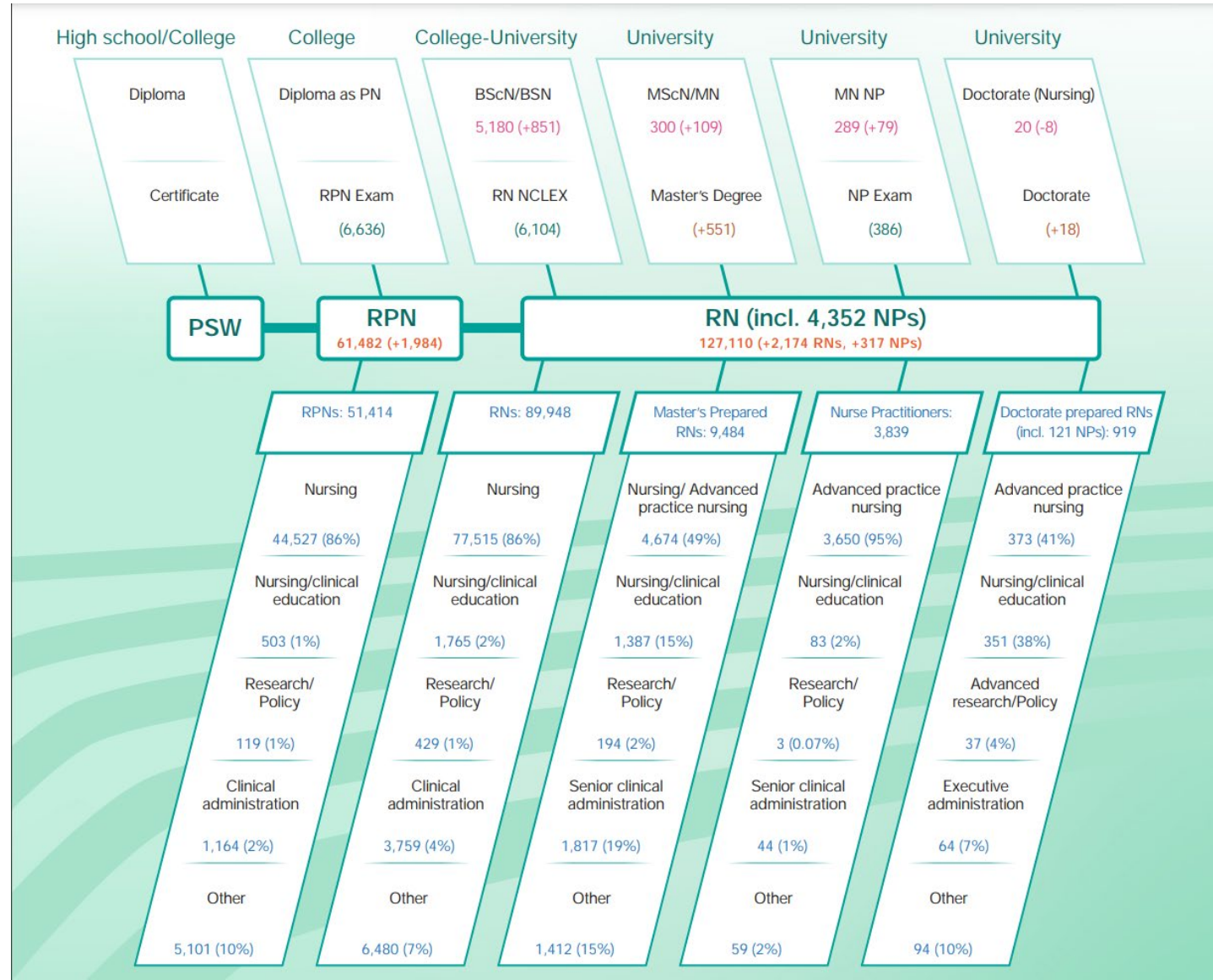
May, 2025

R  
N  
A  
O

Imagine yourself at the top of a mountain, looking down at the beautiful view below.

You have finally reached your dream job, a role that fulfills you and makes you excited to go to work every day. How did you get there?

We want to introduce you to the [RNAO Nursing Career Pathways report](#), which gives you insights and opportunities about nursing.



## Networking Planning - Set Your Network Database

- Type a list of friends.
- Type a list of colleagues.
- Type a list of relatives.
- List all the tutors you know.
- Make a list of people with whom you've studied.
- Be part of RNAO, as a member, you have the opportunity to join any of RNAO's many interest groups (IG). Active participation in one or more IG provides opportunities to meet and discuss with your peers whose areas of expertise in nursing practice are similar to yours. IGs also provide benefits to their members through newsletters, advocacy, workshops, and conferences.

## Improving Your Networks

Networking is about more than just exchanging business cards or connecting on LinkedIn. It's about building genuine relationships with people who can help you land your dream job. It's about putting yourself out there, being proactive, and seizing every opportunity that comes your way.

- visits to other units or departments at work;
- shadowing colleagues working in areas that interest you;
- attending departmental meetings or serving on a board/committee;
- attending conferences, workshops and seminars – and talking to colleagues, especially during breaks;
- joining online forums;
- joining professional groups;
- writing to authors of journal articles whose subject area interests you;
- joining RNAO's discussion forum; and
- volunteer work

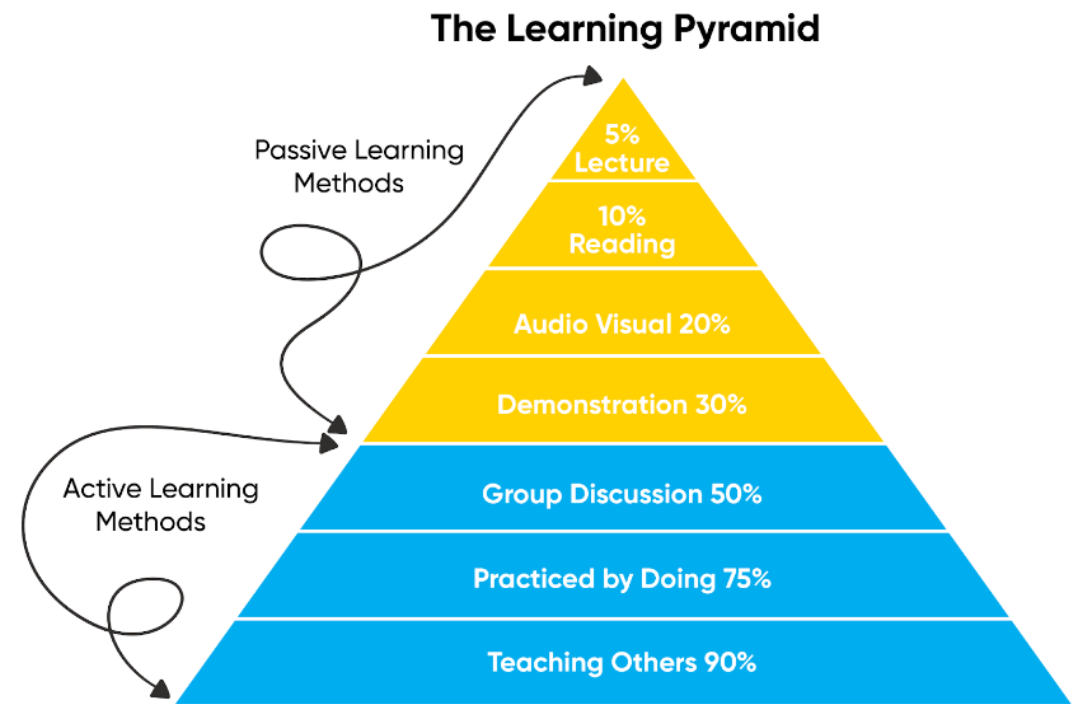
## Set Your Goals both short and long-term

To land your dream job through networking, you must have a clear vision of what you want. What is your dream job? What industry do you want to work in? Who are the key players in that industry? Once you have a clear vision, it's time to start networking.

There are five questions you can ask yourself:

- What would you do if you only had 12 months to live? Your true interest in life.
- What would you do if you had \$5 million to spend? Financial planning.
- What would you do if you knew you could not fail? Find your determination and exit strategy.
- If you could be anyone in the world, who would you be?
- If you were an animal, what would you be and why?

- Attend industry events, conferences, and workshops. Connect with professionals in your desired field on social media. Reach out to them for informational interviews or advice. Show them that you are passionate about the industry and eager to learn.
- Networking is not just about what others can do for you. It's also about what you can do for others. Offer to help people with their projects, provide insights and expertise, or be a sounding board for their ideas. By adding value to others, you are building trust and credibility in your network.
- Have you heard about the Learning pyramid? Can someone tell from what activity you have learned the most?



## Cover letter and Resume

- **Do your research first.** Before you start writing, find out more about the company and the specific job you want. Of course, you should carefully read the job description and peruse the company's website, its executives' Twitter feeds, and employee profiles on LinkedIn. This research will help you customize your cover letter and Resume.
- **Focus on the future.** While your résumé is meant to reflect on your experience and where you've been, the cover letter should focus on your future and what you want to do. Bridge the past to the future.
- **Open strong.** Start with the punch line — why this job excites you and what you bring to the table.
- **Emphasize your personal values.** Hiring managers are looking for people who can help them solve problems.
- **Convey enthusiasm.** Hiring managers will choose the candidate who makes it seem like this is their dream job. So, make it clear why you want the position.
- **Watch the tone.** Authenticity is crucial.
- **Keep it short.** Three paragraphs on one page.
- **Something new.** how about a video resume

- In conclusion, to land your dream job through networking, you need to be proactive, build genuine relationships, add value to others, and be open to new opportunities. Networking is not just about connecting with people, it's about building a community of supporters who can help you achieve your goals. So go out there, network like a pro, and land on your dream work!
- Apart from networking, please put some effort into studying the organization and the job post itself to build your cover letter and resume.
- Lastly some interview tips to share:  
<https://www.youtube.com/watch?v=HG68Ymazo18>

Some other useful  
resources for you!

<https://rnao.ca/education-funding-nei>

<https://rnao.ca/news/latest-news>

<https://rnj.rnao.ca>

## Education funding: Nurse Education Initiative, ACPF

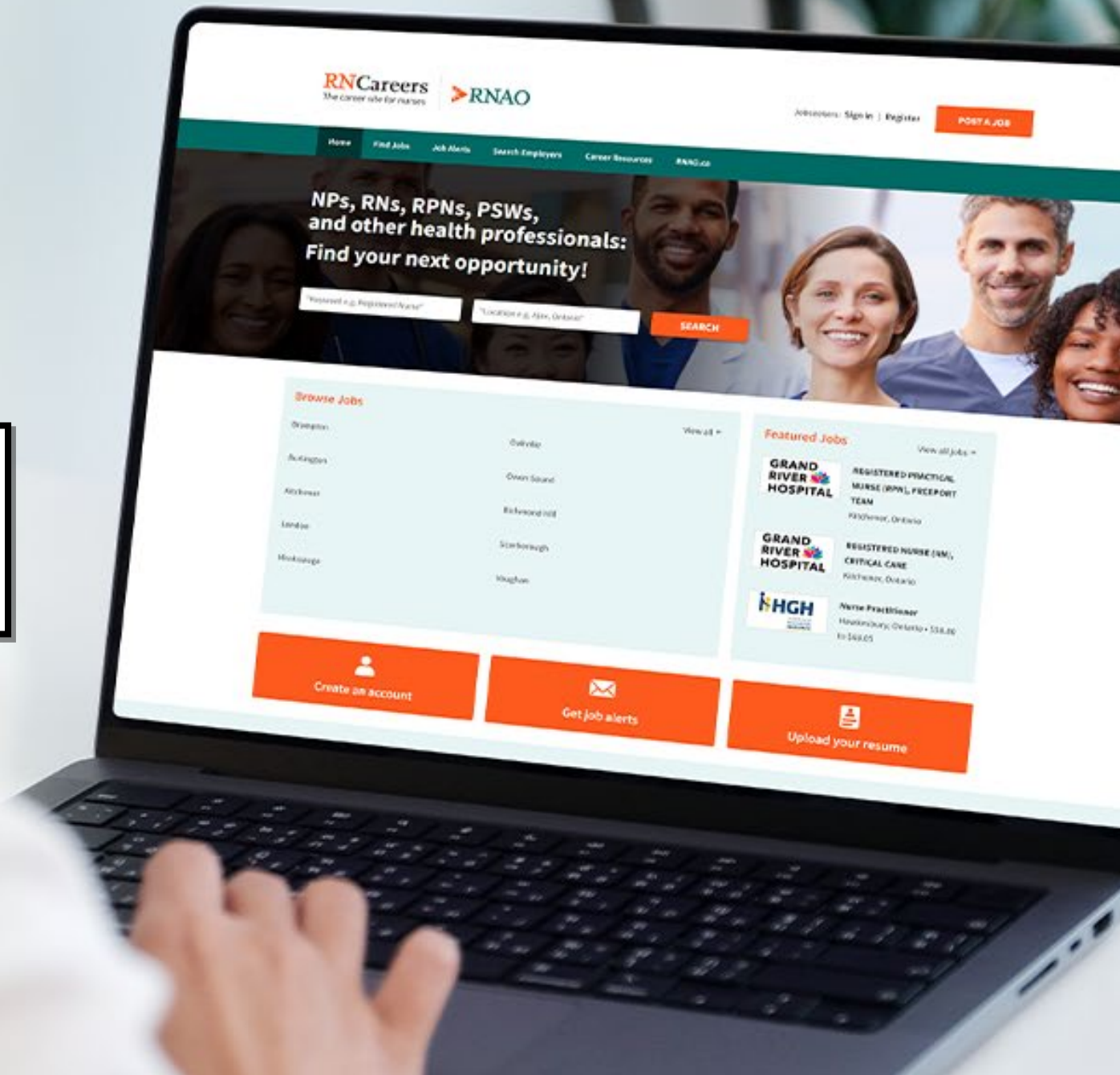
- 1 Nursing Education Initiative [grants](#) support Nursing education and professional development.
- 2 The Advanced Clinical Practice Fellowship (ACPF) [program](#) provides the opportunity for registered nurses (RN) and nurse practitioners (NP) to develop their skills, knowledge, and expertise while advancing a project that will meet a need or gap in service within their organizations. Learn more on the [ACPF program page](#).

RNAO has several options to help you improve your nursing practice for both members and non-members alike.

Membership with the RNAO is the reason that such programs exist. Through the collaborative work of dedicated, committed professionals belonging to the organization, we have been able to successfully lobby for many of the exciting education funding programs offered.



# NPs, RNs, RPNs, PSWs, and other health professionals: Find your next opportunity!





Contact:

[www.care4nurses.org](http://www.care4nurses.org)

[info@care4nurses.org](mailto:info@care4nurses.org)

416-226-2800 ext 221

## SUPPORTING NURSES BACK INTO PRACTICE

CARE Centre for Internationally Educated Nurses (**CARE Centre**) is a not-for-profit professional organization funded by the Ontario Government and Immigration, Refugees and Citizenship Canada. We assist IENs to become Registered Nurses (RNs) and Registered Practical Nurses (RPNs) in Ontario and to re-establish rewarding healthcare careers in Canada. Over 5,000 nurses from more than 100 countries have accessed services and supports since the organization was founded in 2001. In-person services are provided in Toronto, Windsor, London, Niagara, Hamilton, Peel Region and Kingston, and on-line services across Ontario. CARE Centre offers two programs to support IENs: **PASS** supports IENs while they prepare to come to Canada; **STARS** provides services for IENs in Ontario.

### CARE Centre's STARS Program Membership includes:

- One-on-one, unlimited support from a designated Case Manager
- A Nursing Readiness Assessment, Customized Service Plan and Communication Skills Assessment
- A one-year student membership with the RNAO IEN membership or the Registered Practical Nurses Association of Ontario (WeRPN)
- Referrals for language, settlement, financial, community and academic resources

### You can also access IEN-specific programs and services such as:

- Nursing workplace communication and CELBAN exam preparation courses
- The Registered Nurses Canadian Competence Assessment Program (RNCCAP) and resources for RN National Council Licensure Examination (NCLEX) preparation
- Regulatory Exam-Practical Nurse (REx-PN) preparation for RPNs and Competency Assessment Supplement (CAS) preparation for RPNs
- Observational job shadowing, virtual mentoring, networking and professional development workshops supporting integration into the Ontario nursing workforce
- Employment strategy workshops, recruitment opportunities and employment referrals

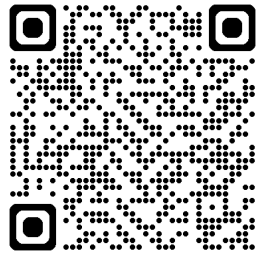


*Celebrating  
nursing  
action & impact*

**NURSING  
W E E K**



MAY 12-18,  
2025



#NursingWeek2025

Thanks for attending this Nursing Week session!

## EVALUATION

- Evaluations can be completed anonymously
- If you want to be eligible to win a prize:
  - Enter your name and email on the evaluation
  - Complete your evaluation by 8 a.m. on Friday, May 23, 2025

