

Calcasieu Workforce Gazette

Calcasieu Workforce Center Youth Department



Living with Regret:
MAKE THE MOST OF
YOUR MISTAKES
 By: Solutions Counseling & EAP

UPCOMING **COMMUNITY** **EVENTS:**

The Awkward Family **Photos**

3/20/15

Time: 10:00 a.m. to 5:00 p.m.

Location: 1911 Historic City Hall Arts & Cultural Center

Business & Career **Solutions Center** **Quarterly Job Fair**

4/8/15

Time: 9:00 a.m. to 12:00 a.m.

Location: Lake Charles Civic Center

Calcasieu Workforce **Center 2015 Youth** **Summit/Job Fair**

4/16/15

Time: 7:30 a.m. to 1:00 p.m.

Location: Lake Charles Civic Center

Should've, would've, could've— As humans we are all haunted by this trinity of regret at often times, but the question is, when does it go too far?

According to a study conducted by Northwestern State University's Kellogg School of Management, 90 percent of people carry a major regret. The top regrets involve romance, family, education, career and finances.

No one gets through life without regrets, but it's the way that you utilize them that matters. We all know people who are chained by their regrets, so instead of making yours into shackles, form them into springboards for change. Here are a few steps to help you learn to live with regret and make the most of your mistake.

Step One: Own Your Regret

The first step is often the hardest, but most essential. In order to move beyond regret, it's critical to properly identify it. Answering these questions will not only help you uncover the root of the sadness, but also your role within it. Stepping outside of the situation may even change your viewpoint.

- Did you regret something you did or didn't do?
- Did you hurt someone?
- Was the circumstance beyond your control?

Once you have identified the regret, it's time to take responsibility for your actions. Avoid blaming others, as this may throw you off track.

This step also calls on you to review the circumstances and outcomes. Could you have acted differently? It's sometimes helpful to enlist the help of a friend during this stage to serve as a sounding board.

Step Two: The Fix

Now that you have examined the regret, it's time to move toward fixing it. Depending on the circumstances around the regret you may not be able to make a direct fix, like reaching out to apologize, but that doesn't mean you can't still mend the regret by making a point to be nicer to others. If your regret lies in something that you did not do, look at what you can do right now in your life. Establish a new dream, or use our talents to help someone attain theirs.

Step Three: Move On

It's important when you feel regretful to take the time you need to grieve and feel the sadness; it can help you to stop revisiting the regret. However, make sure not to dwell, make sure to look at the work you've done to fix the regret.

Many people journal about regrets and the actions they have taken to make things right, as both a way to move on and to create a guide to help with future sadness and regret.

When making amends, people may not always be ready to forgive or appreciate your efforts, but do not let that stop you. Just remember that you have taken positive actions to fix the situation and just as you cannot change the past, you also cannot change other people.

**PARTICIPANT OF
THE MONTH**

Kenya Jones, is a single parenting youth, she has one daughter. She recently graduated from Sowela Technical Community College as a Certified Nursing Assistant. WIA provided her with Leadership Development, Occupational Skills Training, and Support Services. Since obtaining her Certificate of Technical Competency as a Certified Nurse Assistance, Kenya is now taking classes to become a License Practical Nurse. She is working towards her goals with every step she takes.



Exceptional *Fabulous* *Fabulous*
CONGRATULATIONS
Fabulous *Fabulous*
Terrific OUTSTANDING
Fabulous OUTSTANDING *Exceptional*
Terrific



**Calcasieu Workforce Center
Youth Program**

**Business & Career Solution's Center
2424 Third Street
Lake Charles, LA 70601**

**Phone: 337-721-4010
TDD relay number:
1-800-947-5211 or 711
Fax: 337-721-4186**



This program is sponsored by the Calcasieu Parish Police Jury, in conjunction with the Workforce Investment Board, and the Louisiana Workforce Commission and funded by the Workforce Investment ACT

Annual Youth Summit/Job Fair

The Calcasieu Workforce Center will host its Annual Youth Summit/Job Fair, Wednesday, April 16, 2015 from 7:30a.m. until 1:00 p.m., at the Lake Charles Civic Center located at 900 Lakeshore Drive, Lake Charles, LA. Employers are expected to be on hand to interview youth for various job openings.

The purpose of the Youth Summit/Job Fair is to connect students to the necessary employers, recourses, and post-secondary education/training institutions to help them prepare for and obtain gainful employment in emerging industrial, and high demand occupations. The theme is: "Got Skills? Get Work!" The Summit will include a selection of appropriate workshops addressing ways to overcome barriers to help youth meet their employment and training goals. A boxed lunch will be provided to all attendees. The targeted population is youth, ages 16 thru 24. If you have any questions, please contact the Youth Skills Development Specialist Jonnika Boutte at 337-712-4010, Ext 5002 or by E-mail at jboutte@lwia51.com.

Preregister for the Youth Summit/Job Fair at
www.cppj.net/youthsummit.

See you there!