



Comox Military Family Resource Centre

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Comox Valley Education and Career Fair 2010: Being is Believing

By Sara Zubiak

If you *think* you can do something – you can. Our thoughts about what we are (or are not) capable of influence our actions, and the outcomes of our actions create our lives. This is a simple but powerful principal, and one that the theme of this year's Comox Valley Education and Career Fair - *Believe in You* - emphasizes.

Too many of us, however, *limit* our belief in ourselves by not giving ourselves credit for what we can do.

Debi Genereux, 19 Wing Comox MFRC Employment and Education Services Coordinator, has seen this habit in action many times. "If I ask someone to tell me five things they aren't good at, they can come up with an endless list," she smiles, "but ask them what they are good at, they find it hard to say."

Why do so many of us find it difficult to articulate our good points? "Most people aren't used to bragging about what they can do," says Genereux. Her job is to show them how. Passionate about her work with military families, she is an expert at helping her clients discover and promote their unique talents.

Getting rid of limiting beliefs may not be easy, but it is necessary if we want to have successful lives. Sometimes all it takes to get us moving in the right direction is to borrow the belief that someone else has in us, using it to move forward with our dreams while our own self-confidence grows. This is something Genereux excels at.

As Coordinator of the Comox Valley Education and Career Fair, she embodies the spirit behind it.

"I chose the theme *Believe in You* because I want people to recognize that each of them has something unique to offer – and that they all have the possibility of a great future," says Genereux. "Talking to the exhibitors at Career Fair can hopefully help them see that."

Ultimately, how much belief we have in ourselves is up to us. But if we need to borrow some along the way, Genereux and the exhibitors at the Career Fair are here to help.

The Career Fair takes place on Friday, May 7th at the 19 Wing Fitness and Community Centre, 19 Wing Comox, from 10 a.m. to 4 p.m. Everyone is welcome. Admission is free and donations for the food bank will be gratefully accepted. For more information, please contact Debi Genereux at 250-339-8211, local 7004, or email Debi.Genereux@forces.gc.ca and make sure to check out our website at www.getagoodjob.ca.



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