

NEW YEAR NEW JOB

January 2023 Issue 1

NEWSLETTER WELCOME

We are excited to share that in 2023 we will be sending out a bi-monthly newsletter to keep readers informed of job openings, upcoming training and events, highlights from candidates and partners, and strategies to being successful in the workplace. We would love to hear feedback from our readers about what they would like to see more of in this newsletter. We can't wait to work with you in the new year.

HOT JOBS



PICKER/PACKER
Pontiac, MI



CNC OPERATOR
Milford, MI



ASSEMBLY TECH
Traverse City, MI



☎ (877) 463-2266

📌 [UpboundStaffing](#)

✉ upbound@aaomi.org

🌐 [UpboundStaffing](#)



MEET PREP KANGA

Prep Kanga has been a partner with Upbound since 2021 and has already placed 5 Upbound Candidates within their warehouse in Pontiac, Michigan. Prep Kanga is a third party logistics company specializing in international shipping. Employees are tasked with preparing and completing orders for delivery or pickup which includes loading, packing, wrapping, labeling, and shipping of products.

When asked about hiring Upbound candidates, Prep Kanga stated that "All of our Upbound employees have come in, learned all of our products and have done a great job. Every day we become more successful because of them. They are a huge part of our here and now and future." In regards to their partnership with Upbound they said "Upbound is fantastic to work with and bring candidates in for interviews who possess the type of skillset you're looking for."

If you are interested in working with Prep Kanga apply for a position [here](#)

MORE HOT JOBS

Follow our QR code to see all available openings



VOLUNTEER WITH UPBOUND

Are you an industry professional who is interested in supporting the development of Upbound candidates? The JOB Council conducts mock interviews, resume reviews, and industry Q&A sessions with job seekers on the Autism spectrum. Volunteers will be paired with job seekers from similar professional backgrounds and have the ability to provide life-changing feedback to help them land their dream job! If you are interested in learning more about joining the JOB Council please contact employment@aaomi.org.



MANAGING STRESS AT WORK

The holiday season and New Year can exacerbate feelings of stress. Holidays often mean spending time in groups of people and a change in routine. Here are some tips for managing stress in and out of the workplace.

- Communicate clearly with supervisors and family about your needs and preferences so they can accommodate you better.
- Take regular breaks throughout the day.
- Exercise and practice hobbies outside of work.
- Set realistic expectations for yourself.
- Celebrate small wins. Acknowledge your accomplishments and share with others.
- Ask for help.

CANDIDATE TESTIMONIAL

"I have been working as a Mailroom Clerk for 6 months. Upbound helped me find and secure the job, as well as they helped with my training and made sure I was comfortable with the job. What I liked best about working with Upbound is that everyone is super friendly and helpful and in return it makes the job fun and not extremely stressful. Everything Upbound provided was done to the fullest potential and it's very much appreciated."

SUBMIT YOUR
TESTIMONIAL

◀◀◀ Sam Medley



UPCOMING EVENTS

Upbound representatives will be present at all of the following trainings/events. We encourage you to join us!

Click any of the events below to learn more:

- 2/1 [MSU In-Person Diversity, Equity, and Inclusion Career Fair and Symposium](#)
- 2/8 [Oakland University Winter Career Fair](#)
- 2/9 & 2/10 [University of Michigan Winter Job and Internship Fair](#)
- 2/23 [Grand Valley State University Career and Internship Fair](#)
- 3/14 [SHREWD Training MI ABLE Accounts](#)
- 3/20 [Navigating Autism Today Conference](#)
- 3/22 [Lansing Community College Career and Internship Fair](#)
- 4/22 [AAoM's Michigan Shines For Autism Gala](#)