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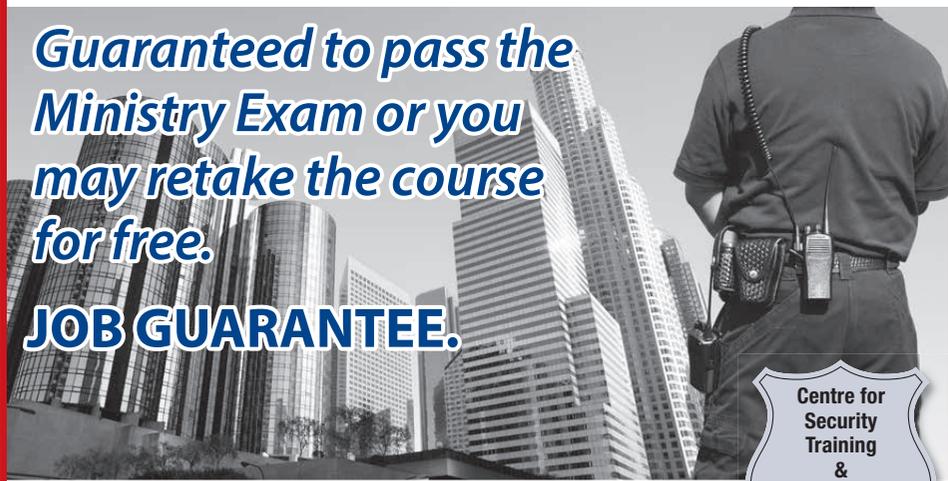
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How to help make your money grow

(NC) In today's complicated financial environment, every dollar counts for Canadians. Many may miss the opportunity to maximize their money. The question is: how should Canadians allocate their funds? Should they put it towards personal spending, savings or high-interest debt? What if there was another way to use that money for more financial benefit? Consider investing.

A TD survey found that 47 per cent of Canadians have not made or are not planning to make any contributions to their investments this year. They do not feel confident in their investment knowledge or that they'll be able to retire by the time they plan to. This financial education gap may cause many to miss out on strengthening their investment portfolios.

Before making big investment decisions, meeting with an advisor or personal banker who can help you navigate your financial needs can be beneficial.

What should you be investing in to optimize your financial future? You may want to consider taking advantage of registered plans available in Canada, including

Registered Retirement Savings Plans (RRSPs) and Tax-Free Savings Accounts (TFSA). Whichever you choose, the important thing is to get into an investing habit and stick to it.

Contributing to investments is essential. If you're interested in starting your investing journey, financial institutions offer a variety of tools and resources, including personal bankers, to help Canadians reach their financial goals.

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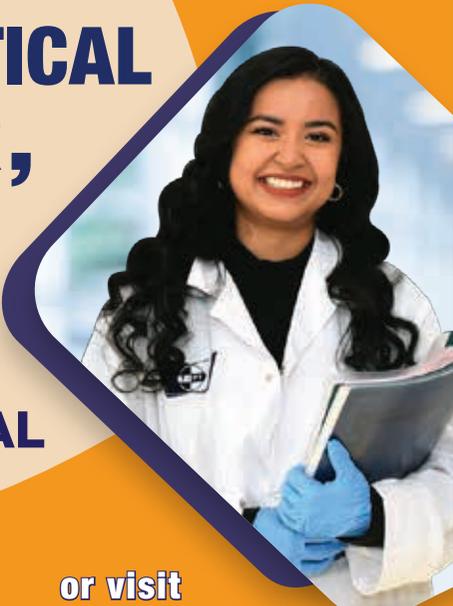
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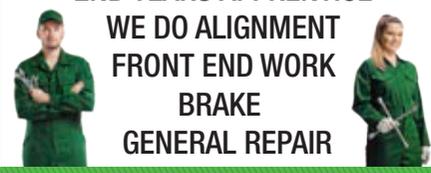
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Working outdoors? Here are some key safety tips

(NC) For many people who work outside, high temperatures and heat waves pose a danger to their health – and their ability to work.

Know the risk

Heat can hurt everyone's health, particularly people who work outside, older adults, young children and people with health conditions are at greater risk for heat illness.

Heat illnesses such as heat exhaustion or heatstroke can come on quickly and have lasting health effects. Some heat illnesses, such as heatstroke, can even be deadly. Taking some simple precautions when it is hot outdoors can save you and your co-workers' lives.

Watch for symptoms

Symptoms of heat illness include dizziness, extreme thirst and rapid heartbeat. Watch yourself and your co-workers for these symptoms. If symptoms are spotted, get to a cool place and hydrate.

If symptoms are ignored or

go unnoticed, heatstroke could happen. Heatstroke symptoms include a high body temperature, confusion and a lack of coordination, dizziness or fainting, and a lack of sweating in the heat. These symptoms can be a medical emergency and warrant an immediate 911 call. While waiting for help, move the person to a cool place if you can, fan the person as much as possible and apply cold water to large areas of their skin or clothing.

Pace yourself

Do not assume you can work at your normal pace during a heat wave. Slow down and take more frequent breaks in the shade to drink water. Although it may feel like lost time on the job, it will help you stay healthy enough to get more done overall.

Drink up

Drink plenty of liquids, especially water, during a heat wave. Do this

before you feel thirsty to decrease the risk of becoming dehydrated. Thirst is not a good indicator of dehydration.

Dress for the weather

Wear loose-fitting, breathable clothing and a wide-brimmed hat if you can. If you wear heavy safety gear on the job, your breaks are even more important. Make sure to remove your gear while you take

breakers in a safe location.

A few simple steps like these can go a long way to protecting you during a heat event.

Find more information about working outdoors in the heat and heat illnesses at canada.ca/health.

www.newscanada.com



Tips for changing careers later in life

(NC) It's never too late to learn a new skill or pursue a new career. Whether you're looking for something more meaningful or you want a new challenge, a career shift is possible at any age. To make the big move successfully, consider these tips:

Do some self-reflecting

Take time to ensure you're headed in the right direction for the right reasons. Clarify why you're searching for a change, what your goals are and how a new job might fit into your lifestyle. A few sessions with a career coach could be a smart investment.

Identify transferrable skills

While many hard skills are specific to their respective industries, soft skills like leadership, collaboration and emotional intelligence are valuable in virtually any job. By understanding the existing skills

you can bring to a new career, you can position yourself as a seasoned professional looking for something new rather than an inexperienced candidate.

Consider upgrading your education

A course or certificate program can be a great way to not only make sure you have the knowledge needed for a new career, but also develop a network in your new industry. Look for continuing education courses with professors who are leaders in the field so you can tap into real-world experience and connections.

Look for a thriving industry

The last thing you want to do is switch to a job in a dying trade with limited opportunities. Consider information technology, or IT, for a field that's growing quickly and welcoming new professionals for a

range of employment opportunities.

"Age is just a number when it comes to career transitions, particularly in the tech industry," explains Pablo Listingart, founder and executive director of ComIT, a charity that provides free training to people struggling to overcome employment barriers. "Don't let being 50-plus discourage you from acquiring new skills. In today's

world, it's never too late to embrace change and thrive in a dynamic field like technology."

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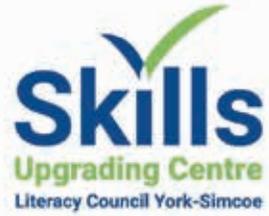
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Setting your kids up for success

(NC) Setting children up for success goes beyond academic achievements and providing material things. It also involves instilling values of compassion, empathy and community engagement that lay the foundation for a fulfilling and purposeful life. Here are three key strategies to guide parents in nurturing well-rounded and successful individuals, with a focus on giving back to the community:

Education as empowerment:

Education is a powerful tool that equips children with the knowledge, skills and confidence to think critically and navigate the complexities of the modern world. Encouraging a love for learning, fostering curiosity and supporting academic pursuits are essential in preparing children for future success. For many families, however, the rising costs of food and goods mean many essential school supplies are simply not within their means. Luckily, there are programs out there to help, including Telus's Kits for Kids, that provide essential school supplies to children from families in need. Each backpack is filled with a pencil case, colouring pencils, HB pencils, blue pens, erasers, a flexible ruler, exercise books,

loose-leaf papers and a colouring book. By prioritizing education as a gateway to opportunity, parents can empower their children to reach their full potential and make meaningful contributions to society.

Cultivating resilience and grit:

Resilience and grit are invaluable qualities that enable children to overcome challenges, persevere in the face of adversity and bounce back from setbacks. Teaching children the importance of resilience through encouragement, support and positive reinforcement builds their capacity to tackle obstacles with determination and optimism. By fostering a growth mindset and resilience, parents can set the stage for their children to thrive in the face of life's inevitable ups and downs.

Giving back to the community:

Instilling a sense of social responsibility and empathy in children is a cornerstone of setting them up for success. Engaging in acts of kindness, volunteering and giving back to the community not only cultivates compassion and empathy but also fosters a deeper understanding of social issues and the importance of making a positive impact. One example of this is Telus

Days of Giving. Now entering its 19th year, team members, retirees, family and friends are encouraged to come together to make a meaningful difference in their communities. In 2023, they collectively provided close to \$100 million in cash, in-kind contributions, time and programs to global communities. By involving children in community service projects, charitable initiatives and volunteer opportunities, parents nurture a spirit of generosity and civic engagement that helps to shape their children into compassionate

and socially conscious individuals.

By fostering a holistic approach to success that encompasses personal growth, social responsibility and a commitment to making a difference, parents empower their children to thrive in all aspects of life and contribute positively to the world around them.

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How to land a job in the tech industry

(NC) As the job market tightens post-pandemic and companies look to cut costs, many job seekers are once again finding there's greater competition for fewer roles. One field that's bucking the trend and projected to grow? Technology.

According to the Information and Communications Technology Council, Canada's digital economy employment is forecasted to reach 2.26 million, triggering demand for an additional 250,000 jobs by 2025. So, focusing on the tech industry could be a smart move if you're looking for work. Even if it isn't your area of expertise, there are many ways to break into this thriving field. Check out these tips to get started:

Think outside the box

Don't have an engineering degree or have zero interest in coding? There are plenty of in-demand jobs in the sector that don't require specialized degrees or knowledge

of html. Most tech companies need employees in marketing, sales, customer support, HR, admin and more.

Level up your skills

Keeping up with the latest tools and programs in a constantly evolving field is important. If you have some background in IT, consider taking an online course – many are available for free straight from the software manufacturer or through your local library.

If you're new to tech, look for programs dedicated to helping newcomers to the field. One resource is ComIT, a Canadian non-profit offering job seekers free technology and professional skills training. Through government and partner funding, ComIT offers three-month-long specialized courses for in-demand technology jobs.

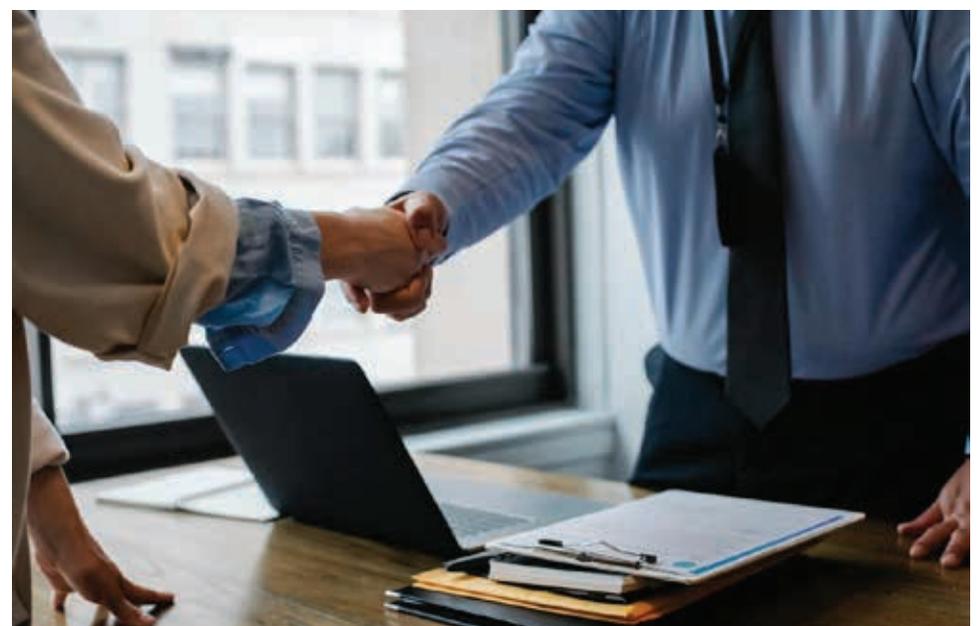
Create an online portfolio

Even if you're a newbie to the industry, you can show off your tech skills and go-getter attitude to a potential employer with a sharp website. Briefly touch on who you are, your transferrable skills, and what you're looking for in a job. List your achievements, including new certifications and ongoing training. Provide examples of cool projects

you've completed – at work, school, or in your spare time – that showcase your successes and why you'd be a good hire.

Learn more about free tech training at comit.org.

www.newscanada.com





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Renting? Why you should look into tenant's insurance

(NC) If you're renting, having the right tenant insurance coverage is essential and may protect you and your finances when you need it most.

To make sure you're covered, you'll need a policy that suits your unique needs. Here's what you should keep in mind if you're shopping around this summer.

You're worth more than you think

Even if you're renting, it's important to take a personal inventory of everything you own. Many people underestimate the value of their belongings, sometimes thinking they don't need to insure them at all. If you ever need to submit an insurance claim, it's always useful to have an inventory list that indicates the full retail value of the items in your home as you may be eligible for reimbursement in the event of an emergency. This list can include items such as furniture, jewellery, money, family heirlooms

and electronics.

Shop around

Not every insurance policy is made the same, and it's important to find the policy that best suits your needs. The right insurance provider will make it very easy to understand what's covered and what's not and can help simplify the process.

Know your factors

Tenant's insurance is not one-size-fits-all and it's important to know the factors that may affect your rates. Premiums vary from one person to the next based on things such as the amount of coverage you need for your belongings, where you're located and your claims history. Insurance providers, such as Belairdirect, offer personalized insurance and will work with you to ensure you have the coverage that you need.

If you're still considering if you need tenant insurance, remember

it can provide peace of mind and can help you get back on your feet after a covered incident. Many people think tenant insurance just covers your belongings, but if you're displaced and need temporary housing as a result of a covered incident you may be reimbursed for additional living expenses. In the event of an accident, your liability coverage may protect you if you

cause accidental damage to the property – whether to your unit or to the whole building.

Insurance is too important to be complicated. Learn more at belairdirect.com.

www.newscanada.com





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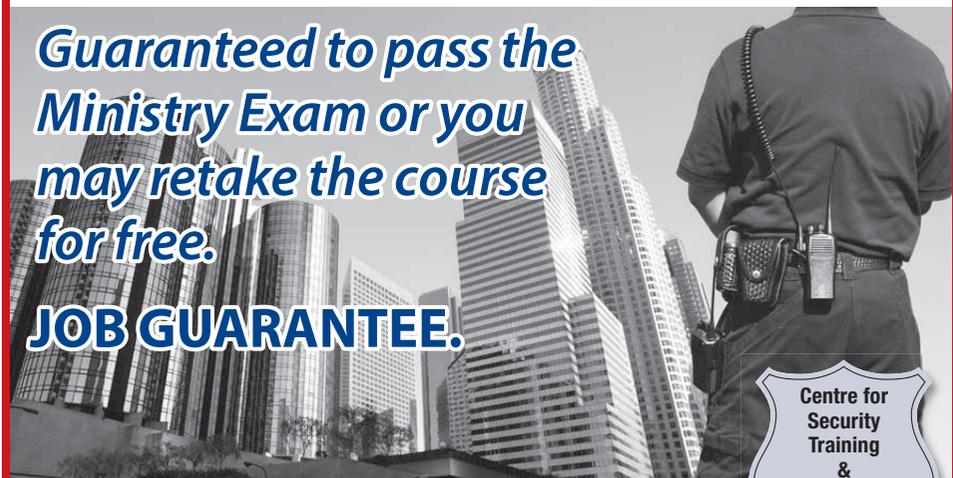
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