



A Message of Hope from Kim Block



When I was a kid I remember having my New Year's resolution be: "And this year I will no longer stutter!". That resolution would last all of 2 minutes. As people who stutter we often have goals related to our speech. For some it's reminding ourselves of the speech therapy exercise that benefit us and discarding the ones that don't. For some it's accepting our stutter for what it is, a stutter. Nothing more, nothing less. We may have professional goals, of not letting our stuttering hold us back, or social goals of being more confident and making more eye contact with others.

Whatever your goals or thoughts may be about your stuttering, take comfort in knowing that there is someone out there pondering the same thing. Even though everyone's stuttering isn't exactly the same, our experiences and thoughts around stuttering are similar. We have empathy and understanding for each other. [Article continues here](#)

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What is a job interview for?

By Andrew Harding, past CSA coordinator

There are two very different ways of approaching a job interview that are not often mentioned. While interviews are at the top end of our speech challenges, being really clear about what you are doing in the interview can help give you an edge this year.



It's not about you

Really? Most questions are all about you – aren't they? Experience, skills, situations: 'tell me about yourself'. But look at it from the other side of the table. They need someone who can fit in well, be competent, and have the sense to do what needs to be done – well. Not to mention being open and honest. Chances are, they are under pressure too. Back to back interviews. Lots of good candidates. Have to make the right choice. Interviews are often not what we think – in fact the whole search process and interview is more about the hopes and needs of the employer, even if there is a standard list of questions.

[Interview continues here](#)

EVENT ANNOUNCEMENTS

Mark your calendars for the 2018 CSA National Conference!

Date: Saturday, October 20, 2018 (2 days before International Stuttering Awareness Day, October 22!) in Toronto. More info [here](#)

Walk/Run for Stuttering Awareness on the East Coast!

The annual Walk/Run for Stuttering Awareness that has taken place in Toronto for the past seven years will be expanding to St. Johns, NL. Find out more [here](#)



Meet Peter Brophy!

Victoria, BC seems to be a drawcard for many people, not only from within Canada but other parts of the world as well. Like many Australians that now call Victoria home, it was a long journey to get here but not as long as the journey my speech has taken me on and continues to do so.

I'm originally from another Victoria - Victoria, Australia. Reflecting back, my speech, for better or worse has impacted my life. That said, I know that I have been extremely "fortunate" on my journey regardless of my

speech. I have served in the military, worked at what was then Ayer's Rock (now Uluru) in Central Australia where one of my tasks was to give a nightly slide show and presentation to the many tourists visiting the "Rock". I have had many jobs where I had to deal with the public face to face and manning the emergency phone line for the West Australian Water Board, where you could expect to take hundreds of phone calls if a water main broke. The main part of my working life was in Records & Information Management within the global Oil & Gas industry, where I worked and lived in China, Russia, South Korea, USA, Qatar and here in Canada.

[Article continues here](#)

We urge you to send us your questions, comments or conversation topics and we will anonymously post your question with our response. Although our responses will only be based on our own personal experiences and opinions, we hope that this will spark conversation, provide some insight to those tough questions, and maybe bring some humor! We look forward to hearing from you and thank you in advance!

Please send your questions, comments or conversation topics to csa.newsletterinbox@gmail.com.

CSA Newsletter

This newsletter is published monthly by volunteers of the Canadian Stuttering Association, Christina Spicer and Julia Palozzi. To contact the newsletter editors: csa.newsletterinbox@gmail.com.



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