

# ARLYN RECRUITING

Bringing you the latest in Human Resources and Recruitment



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## HOW TO MANIFEST THE CAREER YOU WANT

As the next decade approaches (we know, us too), we sit back to reflect the things we've accomplished, and ponder about the direction we're heading (the next steps, if you will). Do you have goals that you've yet to put into action? Are you at a crossroads and find yourself at a loss of what to do next? If so, don't fret - This is a very common feeling for any working professional to experience at some point (often more than once) in their career. So much of how we approach and set goals, has to do with the quality of our thoughts. **We've listed 4 easy things you can do to gear yourself towards the path of success in achieving your dream career.**



**Believe in yourself and expel any doubts in your abilities by speaking them into existence**

- Set aside any disbelief that you have in your professional (and personal) goals.
- Instead saying you "want" these goals to happen, try saying "I will." In essence, by using affirmations, you are confirming and making your wants into a reality.

**Set up an action plan and clarify/define what you want and where you want to go**

- Start brainstorming, feel free to talk to friends, mentors or colleagues or even professionals such as ourselves at Arlyn.
- Having "the talk" is much less intimidating than you think, and we're more than happy to sit down with you to have that chat!

**Self-start by surrounding yourself with people who inspire you to be better**

- Ever heard of the quote: "You are who you surround yourself with?" This rings true, especially in your career.
- Surround yourself with the people in your life who inspire you to be a better you. In doing so, you'll be better equipped to achieve your goals as you yourself take on these attributes.

**Don't forget to recognize how far you've come and take the time to congratulate yourself**

- Acknowledge yourself and the progress you've made to get yourself where you are today. It was not easy, and you deserve to be proud of your hard work.
- By celebrating your accomplishments, you'll be able to better recognize your abilities, strengthening your own resolutions and goals.

**For additional information and assistance, email us at:**

[info@arlynrecruiting.com](mailto:info@arlynrecruiting.com)

ARLYN RECRUITING LTD.

# Arlyn's Office Christmas Gift Guide

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During the holiday season, there's always a thousand extra added responsibilities and stressors to your plate; purchasing gifts for your coworkers should not be one of them, but yet it often is! It's hard to know what to purchase for your coworkers to really show you care. To help you out during this time, our team at Arlyn has curated a list of all our favorite holiday gifts to give that we're sure your coworkers, family and friends alike will appreciate during this holiday season!

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Image by Saje Wellness

## Saje, Peppermint Halo Roll-On

Prices start at \$16.00 and up

## **Indoor Succulent Plant**

Prices start at \$19.00 and up



Image by Audrey Jackson  
(Unsplash Images)



Image by Aritzia Canada

## **Aritzia, Blanket Scarf**

Prices start at \$38 and up

**Anthropologie, Agate  
Cheese Board**

\$54.60CAD

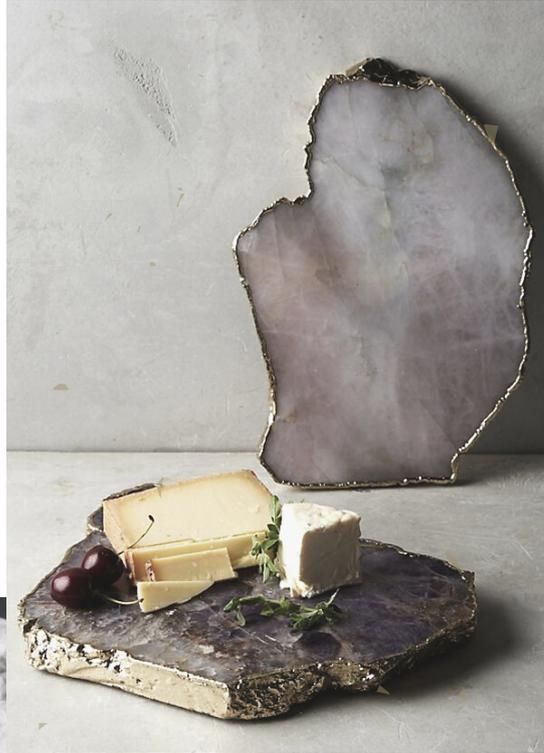


Image by Anthropologie



Image by Saje Wellness

**Saje, Bedtime  
Diffuser**

Prices start at \$60 and up

*Wishing You the Best for this Holiday Season!*

# Quick & Easy Recipes for the Holiday Season

## Chocolate Almond Cashew Bars

Recipe adapted from Seasaltwithfood

### Ingredients

- 2 Cups (300g)
- Medjool Dates, pitted and chopped
- 2 Cups (280g) Raw Cashew Nuts
- ½ Cup (60g) of Peeled Raw Almonds
- ¾ Cup (75g) Cocoa Powder
- A Pinch Of Sea Salt
- ½ Cup (40g) Unsweetened Shredded Coconut
- 2 Tbsp Vanilla Extract
- 2 to 3 Tbsp Cold Water

### Equipment:

- Food Processor
- 11 ½ x 4 ½ inches (29 x 12 cm) Loaf pan, lined with aluminum foil

### Method

Combine the chopped dates, cashews, almonds, cocoa powder, and sea salt in a food processor. Process all the ingredients together until the texture is coarse. Then add the shredded coconut, a quick pulse, and add the vanilla extract, a little water at a time until it reaches a dry but moist dough consistency. Scrape the dough mixture into the lined pan, press evenly with a rubber spatula, and chill for about an hour before serving.



## Danish Vegan Butter Cookies

Recipe adapted from Wallflower Kitchen

### Ingredients

- 200 g dairy-free buttery spread, make sure it's a good-tasting one!
- 130 g icing sugar
- 310 g plain flour
- 1 tbsp cornflour mixed with 2 tbsp water
- 2 tsp vanilla bean paste or vanilla extract
- 1 tbsp almond milk, only if needed
- 2 tbsp granulated sugar, for decoration

### Method

Preheat oven to 180c (fan 160c.) Line a baking sheet with greaseproof paper. Mix together the dairy-free butter and icing sugar to create a soft buttercream. Add the rest of the ingredients, minus the milk, and combine well. If the mixture is too dry, add the 1 tbsp of milk or more until a soft but firm batter is formed. Create the cookie shapes either using a cookie press, piping bag or simply dropping a tsp of batter onto the sheet. Bake for 10-15 minutes, regularly checking to make sure they are baking evenly. Turn your baking sheet around to face the other way half way through, if necessary. Let cool for 10 minutes on a cooling rack then sprinkle with sugar. Enjoy!





Vancouver's Legal Recruitment Experts

# Arlyn Recruiting

"Our approach to Legal Recruitment is different.  
Once you get to know us you'll see exactly what we mean."

Contact us at  
[info@arlynrecruiting.com](mailto:info@arlynrecruiting.com)  
to get started on your search, today!