

January 2024 In-person Jobseeker Workshops

Mon	Tue	Wed	Thu	Fri
1	2	3 10:30a: <u>Resume Writing</u>	4	5
8	9 1:00p: Job Search Strategies	10 10:30a: <u>Managing Stress</u>	11 11:00a: Transferable Skills	12 3:00p: <u>Open Forum</u>
15	16	17 10:30a: <u>Resume Writing</u>	18 11:00a: Spanish: Roadmap to Getting Hired	19
22 11:00a: Interviewing Techniques	23	24 10:30a: <u>Managing Stress</u>	25	26 10:30a: <u>Understanding SSI/SSDI and Employment</u> 3:00: <u>Open Forum</u>
29	30	31		<u>Underlined: In-person option only</u> No underline: virtual or in-person

All workshops are free, but seating is limited; must register in advance. To register, contact your Advisor. If you don't have an Advisor assigned or if you aren't sure who your Advisor is, please visit cnyworks.com and click "request service" or call 315-473-8250.

Interviewing Techniques: Interviewing for a job can be intimidating if you don't know what to expect, how to prepare or what the interview expects from you. In this workshop, learn what makes an interview successful, the types of questions to expect and how to effectively prepare for job interviews.

Managing Stress: Being unemployed can be very stressful. This workshop

will explore what stress is, signs and symptoms of stress, and how to utilize techniques and coping skills to manage stressors in our life.

Resume Writing: Learn the basics of writing a powerful resume and cover letter. Topics include formatting, tailoring your resume and cover letter to each job, and getting through the application process to land interviews.

Road Map to Getting Hired: Comprehensive workshop covering networking, job search skills, and interviewing. (Note: the January 18 session will be conducted in Spanish.)

Transferable Skills: Being able to identify your own transferable skills can be extremely helpful in your job search, especially if you're considering

a career change. In this workshop, learn brainstorming techniques to find the best key words to market yourself to potential employers.

Job Search Strategies: Learn strategies such as establishing a social presences, targeting companies, and marketing your skills.

You Can Work! Understanding SSI and SSDI and Employment: An overview of Supplemental Security Income (SSI) and Social Security Disability Income (SSDI) and how working impacts those benefits.

Open Forum: Bring all of your job search related questions! Employment Counselors will provide advice, insight, and resources to aid in making important career decisions.