



MEDIA RELEASE

CT Department of Labor *Communications Office*
Sharon M. Palmer, Commissioner

Torrington *American Job Center* Offers May Employment and Training Workshops

WETHERSFIELD, April 8, 2015 – The Connecticut Department of Labor and the Northwest Regional Workforce Investment Board (NRWIB) are offering a variety of training and employment workshops in May to assist Torrington-area residents. Events are held at the Torrington *American Job Center*, 685 Main Street. Please contact the *American Job Center* at (860) 496-3300 to register. Advance registration is encouraged due to space limitations. The following workshops are now being offered:

WIA Information Session: Participants will review the process and eligibility requirements for receiving funding for training through the federal Workforce Investment Act (WIA).

May 7 (9 a.m. – 12 p.m.)

May 14 (9 a.m. – 12 p.m.)

May 21 (9 a.m. – 12 p.m.)

May 28 (9 a.m. – 12 p.m.)

LinkedIn: Attendees will create a profile on a professional networking website and learn the advantage of a digital presence in today's job market. Attendees must have a valid e-mail address.

May 15 (9 a.m. – 12 p.m.)

Job Search Strategies: Participants will develop a successful plan and learn how to use tools and information to conduct an effective job search.

May 20 (9 a.m. – 12 p.m.)

Interviewing Techniques: Participants will increase their understanding of the interview process and address challenging questions.

May 6 (9 a.m. – 12 p.m.)

May 27 (9 a.m. – 12 p.m.)

Myers-Briggs Type Indicator (MBTI) assessment: MBTI, as it is often referred to, is an assessment tool that links personality type to career choices. This workshop is designed for those changing careers or anyone wishing to learn about personality styles and how they impact career choices.

May 27 (12:30 – 4 p.m.)

-More-

Media Contact: Nancy Steffens, Communications Director
200 Folly Brook Boulevard, Wethersfield, CT 06109-1114
Phone: (860) 263-6535 – Fax: (860) 263-6536 – www.ct.gov/dol
An Equal Opportunity/Affirmative Action Employer



On-Line Applications #1: Avoid getting screened out by knowing what employers expect in an online application.

May 8 (9 – 12 p.m.)

Résumé Basics: Learn about important résumé sections, formatting and the pros and cons of different styles.

May 13 (9 a.m. – 12 p.m.)

Veterans' Representative on-site: Connecticut Department of Labor Veterans' Representative Yuriy Matviyenka is available, by appointment, to meet with customers. For a pre-scheduled appointment, please email heather.suddabey@ct.gov or call (203) 437-3297.

Appointments available: May 1, May 8, May 15, May 22, May 29

Computers Basics: Learn about the various parts of a PC and improve mouse/keyboard skills.

May 29 (9 a.m. – 12 p.m.)

H1B Technical Skills Training Information session: Review the eligibility requirements and potential opportunities for mid-level skills training in Information Technology (IT), Health Care (IT), and Advanced Manufacturing. This session may be of particular interest to long term unemployed jobseekers with some college credits.

May 18 (10 a.m. – 11 a.m.)

Veterans Employment Services: Eligible Veterans can receive veteran specific re-employment services. Contact Yuriy Matviyenka at 203-37-3295 (yuriy.matviyenka@ct.gov) or Heather Suddaby at 203-437-3297 (heather.suddaby@ct.gov).

Pre-manufacturing Information session: for those seeking employment in manufacturing and related trades. Session will provide a review of this pre-employment preparation - job training program for potential participants.

May 8 (10 a.m. – 12 p.m.)

May 22 (12:30 – 2:30 p.m.)

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