



## MEDIA RELEASE

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

# Hartford American Job Center Offers July Employment and Training Workshops

WETHERSFIELD, June 15, 2015 – Connecticut Department of Labor employees in the agency's Hartford *American Job Center*, located at 3580 Main Street, will offer a variety of training and employment workshops in July to assist area residents. Advanced registration is encouraged due to space limitations. Call (860)256-3700 to register for these no-cost workshops.

**Successful Job Search Strategies – July 7 (9 – 11:30 a.m.):** In order to conduct an effective job search, you need to understand the process, the research involved, and the techniques that work. Attending this workshop will give you the skills to make your job search efficient and focused. Tips will include utilizing online resources for researching companies and occupations.

**Résumé Basics – July 14 (9 – 11:30 a.m.):** Intended for those who do not have a résumé or a current one, this session will be a lecture and discussion on the basics of résumé creation. Two styles of résumés will be presented, along with what should and should not be included. Participants will gain a thorough understanding of the eight parts of a résumé and the purpose of writing one. A manual will be included for participants to keep.

**Interviewing Techniques – July 21 (9 – 11:30 a.m.):**

This interactive session will focus on preparation, methods and follow-up to provide jobseekers with the knowledge and skills necessary to effectively compete with other candidates. The session includes simulated interview questions and the responses of participants will be critiqued to improve performance. *Proper interview attire is strongly recommended.*

**Myers Briggs Type Indicator – July 23 (part one) and July 24 (part two)**

**(9 a.m. – 1 p.m.):** 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. *This workshop is in two parts and participants must register for and attend both sessions. When not offered as a workshop, customers may arrange individual sessions.*

**Energized & Positive! – July 28 (9 – 11:30 a.m.):** Participants will join with other workers with more than 20 years of experience to share ways that jobseekers can promote themselves as the best candidate for the job. Experience and maturity are key assets; learn how to communicate your value and positively express your worth. You are at the “peak” of your passion, energy, abilities and knowledge and you can use that to position yourself to set new goals and reach new heights.

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