



MEDIA RELEASE

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

Torrington American Job Center Offers September Employment and Training Workshops

WETHERSFIELD, August 24, 2015 – The Connecticut Department of Labor and the Northwest Regional Workforce Investment Board (NRWIB) are offering a variety of training and employment workshops in September to assist Torrington-area residents. Events are held at the Torrington *American Job Center*, 685 Main Street. Please contact the office at (860) 496-3300 to register. Advance registration is encouraged due to space limitations. The following workshops are now being offered:

WIA Information Session offered 9 a.m. – 12 p.m. on the following dates: September 3, 10, 17, 24:

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

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.

September 18 (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.

September 2 (9 a.m. – 12 p.m.)

September 23 (9 a.m. – 12 p.m.)

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

September 9 (9 a.m. – 12 p.m.)

September 30 (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.

September 24 (12:30 p.m. – 4 p.m.)

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

September 4 (1 – 3:30 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



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

September 16 (9 a.m. – 12 p.m.)

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

Appointments available: September 4, 11, 18, 25

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

September 25 (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.

September 21 (10 a.m. – 11 a.m.)

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

CAMI (Connecticut Advanced Manufacturing Initiative) Orientation – This is a one hour review of NVCC Advanced Manufacturing Facility and Program.

September 21 (11 a.m. – 12 p.m.)

###