



MEDIA RELEASE

CT Department of Labor *Communications Office*
Commissioner Kurt Westby

Hamden *American Job Center* Offers June Employment and Training Workshops

WETHERSFIELD, May 22, 2019 – Connecticut Department of Labor employees in the agency’s Hamden *American Job Center*, located at 37 Marne Street, will offer a variety of training and employment workshops to assist area residents in June. Advance registration is encouraged due to space limitations. Please call (203) 859-3200 to register for these no-cost workshops.

Over 40 and Looking for Work: Participants will discuss the challenges and employer expectations for older workers and develop strategies to successfully mitigate possible stereotyping that may occur during the hiring process.

June 7 (9 a.m. – 12 p.m.) and June 17 (1 – 4 p.m.)

Successful Job Search Strategies: Attendees will learn useful job search strategies and gain pointers on telephone skills, networking, the hidden job market and interviewing.

June 10 (9 a.m. – 12 p.m.)

Fundamentals of Résumé Writing: Provides the valuable information needed to create a professional résumé.

June 14 (9 a.m. – 12 p.m.) and June 24 (1 – 4 p.m.)

Interviewing Strategies & Techniques: Learn interview preparation and techniques and discover the best way to respond to questions from an interviewer, how to negotiate a “win-win” package, and learn what to say and when and how to say it.

June 21 (9 a.m. – 12 p.m.) and June 3 (1 – 4 p.m.)

Veterans’ Workshop: Veterans are encouraged to participate in this workshop that covers the basics of developing an effective résumé. Topics include translating military skills and accomplishments into

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civilian terminology, understanding federal résumé formatting, and common résumé mistakes to avoid. There is ample time for participants to ask questions of Hamden *American Job Center* employees who themselves served in the military.

June 26 (1 – 3 p.m.)

Résumé Critiques: Résumés are reviewed, by appointment, in half hour intervals on Mondays and Fridays. Please bring a hard copy of your résumé. Receive objective and unbiased feedback to assist you in addressing problematic issues along with identifying areas for improvement. Participation in the *Fundamentals of Résumé Writing* workshop is recommended before scheduling a critique.

Needs Assessments: Needs assessments are conducted by appointment on Fridays, in 45-minute intervals. This workshop is a one-on-one career exploration with a Career Development Specialist reviewing individual career needs and creating an individual employment plan.

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