



MEDIA RELEASE

CT Department of Labor *Communications Office*
Commissioner Kurt Westby

HAMDEN AMERICAN JOB CENTER OFFERS FREE EMPLOYMENT AND TRAINING WORKSHOPS THIS MONTH

September 11, 2019

HAMDEN - A variety of free training and employment workshops to assist Hamden-area residents this month are being offered by the Connecticut Department of Labor in the agency's Hamden American Job Center at 37 Marne Street.

Advance registration is encouraged due to space limitations. Please call 203-859-3200 to register.

Over 40 and Looking for Work: Sept. 13 from 9 a.m. – noon and Sept. 23 from 1- 4 p.m.

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.

Fundamentals of Résumé Writing: Sept. 20 from 9 a.m. – noon and Sept. 9 from 1 – 4 p.m.

This workshop provides the valuable information you need to create a professional résumé.

Veterans' Orientation: Sept. 25 from 1 – 3 p.m.

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 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.

Interviewing Strategies & Techniques: Sept. 27 from 9 a.m. – noon and Sept. 16 from 1-4 p.m.

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.

Successful Job Search Strategies: Sept. 30 from 9 a.m. - noon

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

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 in 45 minute intervals, on Fridays. This workshop is a one-to-one career exploration with a Career Development Specialist reviewing individual career needs and creating an individual employment plan.

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