



Hamden *CTWorks* Center Schedules March Workshops

WETHERSFIELD, Feb. 8 – Connecticut Department of Labor employees in the agency's Hamden *CTWorks* Center will offer a variety of training and employment workshops during March to assist area residents with their career needs. The no-cost workshops will be held in the office, which is located at 37 Marne Street.

Due to space limitations, individuals interested in attending any of the workshops are asked to call the Hamden *CTWorks* Center in advance at (203) 859-3200 to register. They may also stop by the office and do so in person. Additional information can be obtained by calling the office.

March 1

Interviewing Skills: This 9 a.m. to noon workshop details the various types of interviews; preparing for an interview, and how to handle those "tough questions" that a potential employer might ask. Participants will also have the chance to role play in the form of a mock interview.

March 2

Résumé Basics: If this is the first time you are putting together a résumé -- this is the workshop to attend. It runs from 9 a.m. to noon

March 4

Job Search Strategies: This 9 a.m. to noon workshop gives attendees an overview of job search strategies, as well pointers concerning telephone skills, networking, the hidden job market and interviewing.

March 7

Over 40 and Looking for Work: Designed to address the specific needs and challenges of job seekers over 40, this 8:30 a.m. to 12:30 p.m. workshop will provide attendees with strategies to overcome age bias and successful techniques to land and keep their next job.

VETS Information Session: This 1 to 3 p. m. information session for military veterans provides an overview of services available through the Connecticut Department of Labor and the community for veterans.

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March 8

Computers for Beginners: Reservations are recommended for this 9 to 11 a.m. beginner's course designed to familiarize participants with computers. Topics include hardware, software, and the operation process, including how to start up and shut down the computer.

March 9

Internet Job Search: This workshop, which is scheduled from 9:30 to 11:30 a.m., will give participants an overview of job search strategies using the Internet, and will also provide them with information about the most helpful sites to visit.

March 10

Job Club: Members of this group, which meets from 9 to 11 a.m., will learn how to use networking as part of their job search. They'll also pick up other worthwhile tips.

March 14

Salary Negotiations: In this 9 to 11 a.m. workshop, participants will discuss how to determine what kind of salary they should be aiming for prior to an interview, and how to talk about the subject with a potential employer.

VETS Information Session; This 1 to 3 p. m. information session for military veterans provides an overview of services available through the Connecticut Department of Labor and the community for veterans.

March 16

Social Networking: Participants in this 9:30 to 11:30 a.m. session will learn how to use *Facebook*, *LinkedIn* and other technology for your job search. Security and safe practices are also included.

March 21

VETS Information Session: This 1 to 3 p. m. information session for military veterans provides an overview of services available through the Connecticut Department of Labor and the community for veterans.

March 24

Over 40 and Looking for Work: Designed to address the specific needs and challenges of job seekers over 40, this 8:30 a.m. to 12:30 p.m. workshop will provide attendees with strategies to overcome age bias and successful techniques to land and keep their next job.

March 28

VETS Information Session: This 1 to 3 p.m. information session for military veterans provides an overview of services available through the Connecticut Department of Labor

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and the community for veterans.