



MEDIA RELEASE

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

Torrington *American Job Center* Offers January Employment and Training Workshops

WETHERSFIELD, December 15, 2014 – The Connecticut Department of Labor and the Northwest Regional Workforce Investment Board (NRWIB) are offering a variety of training and employment workshops in January to assist Torrington-area residents. Events are held at the Torrington *American Job Center*, 685 Main Street. Please contact the Job Center at (860)496-3300 to register. Advance registration is encouraged due to space limitations. The following workshops are now being offered:

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

January 8 (9 a.m. – 12 p.m.)

January 15 (9 a.m. – 12 p.m.)

January 22 (9 a.m. – 12 p.m.)

January 29 (9 a.m. – 12 p.m.)

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.

January 9 (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.

January 14 (9 a.m. – 12 p.m.)

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

January 21 (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.

January 12 (9:30 p.m. – 1 p.m.)

-More-

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An Equal Opportunity/Affirmative Action Employer



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

January 23 (9 – 12 p.m.)

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

January 7 (9 a.m. – 12 p.m.)

January 28 (9 a.m. – 12 p.m.)

Veterans' Representative on-site: Connecticut Department of Labor Veterans' Representative Yuriy Matviyenka is available, by appointment, to meet with customers. For a pre-scheduled appointment, please email yuriy.matviyenko@ct.gov or call (203) 437-3295.

Appointments available: January 2, January 9, January 16, January 23, January 30

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

January 30 (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.

January 26 (10 a.m. – 11 a.m.)

Unemployment: Coping with Stress While Creating a Future: Learn about strategies and coping mechanisms to handle stress while conducting your job search.

January 14 (1 – 3 p.m.)

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