



## MEDIA RELEASE

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

# Torrington Job Center Offers September Employment and Training Workshops

WETHERSFIELD, August 18, 2014 – 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 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).

**September 4 (9 a.m. – 12 p.m.)**

**September 11 (9 a.m. – 12 p.m.)**

**September 18 (9 a.m. – 12 p.m.)**

**September 25 (9 a.m. – 12 p.m.)**

**Pre-Manufacturing Certification Orientation:** This information session is for individuals seeking employment in manufacturing and related trades. The session will provide a review of this pre-employment preparation - job training program for potential participants.

**September 12 (10 a.m. – 12 p.m.)**

**September 26 (10 a.m. – 12 p.m.)**

**LinkedIn:** Participants 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 24 (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 3 (9 a.m. – 12 p.m.)**

**September 24 (9 a.m. – 12 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](http://www.ct.gov/dol)  
An Equal Opportunity/Affirmative Action Employer



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

**September 10 (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 10 (12:30 p.m. – 3:30 p.m.)**

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

**September 17 (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](mailto:yuriy.matviyenko@ct.gov) or call (203) 437-3295.

**Appointments available: September 5, September 12, September 19, September 26**

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

**September 26 (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 15 (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.

**September 17 (1 – 3 p.m.)**

**###**