



Torrington Job Center Offers October Employment and Training Workshops

WETHERSFIELD, September 17, 2014 – The Connecticut Department of Labor and the Northwest Regional Workforce Investment Board (NRWIB) are offering a variety of training and employment workshops in October to assist Torrington-area residents. Events are held at the Torrington *American Job Center*, 685 Main Street. Please contact the Torrington *American 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).

October 2 (9 a.m. – 12 p.m.)

October 9 (9 a.m. – 12 p.m.)

October 16 (9 a.m. – 12 p.m.)

October 23 (9 a.m. – 12 p.m.)

October 30 (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.

October 10 (10 a.m. – 12 p.m.)

October 31 (10 a.m. – 12 p.m.)

LinkedIn: Attendees will create a profile on a professional networking website and learn the advantages of a digital presence in today's job market. Attendees must have a valid e-mail address.

October 6 (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.

October 15 (9 a.m. – 12 p.m.)

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

October 1 (9 a.m. – 12 p.m.)

October 22 (9 a.m. – 12 p.m.)

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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.

October 29 (12:30 p.m. – 4:00 p.m.)

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

October 8 (9 a.m. – 12 p.m.)

October 29 (9 a.m. – 12 p.m.)

Veterans' Representative on-site: Connecticut Department of Labor Veterans' Representative Yuriy Matviyenko 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: October 3, October 10, October 17, October 24, October 31

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

October 31 (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.

October 20 (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.

October 15 (1 – 3 p.m.)

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