

# March 2023 ~ Generations@Work! 50+ Workshop Calendar

**“The gray shaded events below are “In Person Only”**

**\*Our Virtual Zoom Workshops are in the white areas on this calendar**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3 <b>Growth Mindset</b> 1:00 - 2:00
6 <b>Positive Psychology</b> 9:00 - 10:00	7 <b>Resumes</b> 2:00 - 4:00	8 <b>50+ Open Lab</b> 8:30 - 11:00  <b>Career Fair</b> <b>Connect to Impress</b> 10:00 - 12:00pm  <b>LinkedIn</b> 2:00 - 4:00	9 <b>ONETonline.org</b> 2:00 - 4:00	10 <b>STAR Story Lab</b> 9:00 - 11:00
13 <b>Ageism</b> 1:00 - 2:00	14 <b>Networking</b> 2:00 - 4:00	15 <b>50+ Open Lab</b> 8:30 - 11:00  <b>Virtual Meet the Recruiter</b> 11:00 - 12:00	16 <b>Navigating Stress</b> 1:00 - 2:00	17 <b>Ageless Career Search</b> 2:00 - 4:00
20 <b>3 Keys to Difficult Transitions</b> 9:00 - 10:00  <b>Remote Work</b> 1:00 - 2:00	21 <b>Interviewing</b> 9:00 - 11:00  <b>Resumes</b> 2:00 - 4:00	22 <b>50+ Open Lab</b> 8:30 - 11:00  <b>ADW Connections</b> Boomers' Social Media Tutor, Joyce Feustel 1:30 - 3:30	23	24 <b>STAR Story Lab</b> 9:00 - 11:00  <b>Job Boards</b> 11:00 - 12:00  <b>LinkedIn</b> 2:00 - 4:00
27 <b>Resumes</b> 9:00 - 11:00  <b>Discovering ADW!</b> 11:00 - 12:00  <b>Interviewing</b> 2:00 - 4:00	28	29 <b>50+ Open Lab</b> 8:30 - 11:00  <b>Positive Psychology</b> 1:00 - 2:00	30 <b>Ageism</b> 11:00 - 12:00  <b>Navigating Stress</b> 1:00 - 2:00	31

Main office: 6974 S. Lima Street Centennial, CO 80112 Phone: 303.636.1160 [www.adworks.org](http://www.adworks.org)

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ARAPAHOE COUNTY



DOUGLAS COUNTY  
COLORADO

**Open Lab Description:** Our "Hand's on Open LABS" are designed to apply the concepts that we teach in our Arapahoe/Douglas Works, "Resume, Interviewing and LinkedIn Workshops".

Our labs **begin at 8:30am**. Please be on time. The LAB's can assist you with creating, targeting, or polishing your Cover Letter, Resume, Elevator Speech or LinkedIn Profile.

The **prerequisite** to attending our "Hand's on Open LABS" is have attended our ADWorks! Resume, Interviewing & LinkedIn Workshops which provides a baseline foundation to utilize the models we discuss in our primary workshops.

**ADW Connections Group** will host a virtual event or Guest Speaker on the **4<sup>th</sup> Wednesday** of this month.

### Workshop Descriptions

**3 KEYS TO DIFFICULT TRANSITIONS** The only certainty in life is change. We are either getting ready to go through a change, or currently experiencing change. This workshop will help us learn how to turn our transitions into learning opportunities.

**AGEISM** is discrimination based on age. Built on negative assumptions, ageism particularly affects young adults and seniors in the workplace. In this workshop, participants learn to recognize ageism and develop strategies to counter ageist stereotypes in the job search process. Participants will identify ageist self-talk, and develop career-enhancing skills that communicate self-confidence, value teamwork, and support collaboration across age groups.

**CAREER REINVENTION** Is designed for experienced professionals seeking to change careers. It explores how to; reconcile past issues that have clouded your confidence, redefine who you are and what you want to do and devise a personal reinvention plan.

**EMOTIONAL INTELLIGENCE** or "EQ" is one of the greatest predictors of workplace success, and unlike IQ, it can be developed and improved with practice. In this workshop, you will learn just how important EQ is, in what ways it affects your job search, and how to improve your own with simple to learn strategies.

**GROWTH MINDSET** In this workshop we will discuss the concept behind Carol Dweck's research, explore ways to respond to everyday challenges and demands using a growth mindset lens, and provide language to help reshape the way we speak and think.

**INTERVIEWING** This workshop looks at the preparation required before an interview and gives insight into different types of interviews including virtual, in person, one on one, with a panel or in a group interview.

**LINKEDIN** is designed to provide a basic overview of what it is, how to build your profile, make connections, find jobs, follow companies and grow your professional network.

**Navigating Stress** Stress can take a significant toll on our physical and mental health. ADWorks! Navigating Stress workshop can help. In this workshop, participants will learn a range of evidence-based techniques and strategies to help manage stress and improve overall well-being. We will discuss how to recognize stressors and how to manage them effectively, creating a self-care routine that will empower participants and shape their resiliency.

**POSITIVE PSYCHOLOGY** We will discuss thoughts, feelings, and behavior, focused on strengths instead of weaknesses. Also, how skills and abilities can be developed with effort, that they are not set or limited by intelligence and that the way we think directly impacts our outcomes and eventual success.

**RESUMES** This workshop will provide a framework for creating an effective resume or improving the one you already have. You will learn to list the essential information you need to develop a great resume in a competitive job environment.

**STAR STORY LAB** The prerequisite to attending our STAR Story LAB is to have attended the "ADWorks Interviewing Workshop". The STAR Story LAB is not a workshop. This is a "Virtual Interactive Zoom LAB" to assist you in creating examples by using the STAR Story method to ace your upcoming interviews. Please have a pen, paper & a copy of your current resume handy.

**TRUE COLORS** is proven to foster better communication and understanding, leading to stronger relationships in and out of the office. Throughout this engaging workshop everyone will be trained and provided practical tools to become an employee companies will fight for.

**WORKPLACE VALUES** are an important indicator of organizational culture. Explore your personal values and how to use that information to determine organizational fit and potential job satisfaction.