

MARCH 2026

A/D Works! Workshops

VIRTUAL WORKSHOPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Discovering A/D Works 2pm - 3pm</p>	<p>3</p> <p>Generations@Work! Skills Lab Submitting Resumes, But Not Hearing Back? Applicant Tracking Systems Could Be the Reason 10:30am - 12pm</p>	<p>4</p> <p>Interviewing 9am - 11am</p>	<p>5</p> <p>Generations@Work! Job Seekers Networking Session 10:30am - 12pm</p>	<p>6</p> <p>Growth Mindset 9am - 10:30am</p> <p>Career Reinvention 2pm - 3:30pm</p>
<p>9</p> <p>Resumes 9am - 10am</p>	<p>10</p> <p>Generations@Work! Skills Lab Reframe Your Inner Voice: Positive Self-Talk for the Job Search Journey 10:30am - 12pm</p>	<p>11</p> <p>Discovering A/D Works 9am - 10am</p> <p>Basic Financial Literacy 2pm - 3pm</p>	<p>12</p> <p>Money Matters 1:30pm - 3:30pm</p> <p>Generations@Work! Job Seekers Networking Session 10:30am - 12pm</p>	<p>13</p> <p>Navigating Stress 9am - 10:30am</p> <p>Navigating Social Security Benefits 10am - 11:30am</p> <p>Interviewing 2pm - 4pm</p>
<p>16</p> <p>Interviewing 2pm - 4pm</p>	<p>17</p> <p>Generations@Work! Skills Lab Overlooked to Outstanding: AI Tips for Targeted Resumes 10:30am - 12pm</p>	<p>18</p> <p>Resumes 9am - 10am</p> <p>Fair Chance Employment 2pm - 3pm</p> <p>Technology & Job Search 1:30pm - 3pm</p>	<p>19</p> <p>Generations@Work! Job Seekers Networking Session 10:30am - 12pm</p>	<p>20</p> <p>8 Domains of Wellness with AllHealth 9am - 10am</p> <p>Discovering A/D Works 10am - 11am</p>

<p style="text-align: right;">23</p> <p>Ageless Career Search 9am - 10:30am</p>	<p style="text-align: right;">24</p> <p>Generations@Work! Skills Lab Turn Interviews Into Opportunities: Learn, Prepare, and Stay Confident 10:30am - 12pm</p>	<p style="text-align: right;">25</p> <p>Discovering A/D Works 2pm - 3pm</p>	<p style="text-align: right;">26</p> <p>Generations@Work! Job Seekers Networking Session 10:30am - 12pm</p>	<p style="text-align: right;">27</p> <p>Resumes 9am - 10am</p> <p>Navigating Stress 1:30pm - 3pm</p>
<p style="text-align: right;">30</p> <p>Discovering A/D Works 9am - 10am</p>	<p style="text-align: right;">31</p>			

Arapahoe/Douglas Works! is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities.

Arapahoe/Douglas Works! programs are federally funded with \$18,730,452.65 (~78 percent) through the U.S. Department of Labor. Additionally, ~22 percent (\$5,326,786.07) is financed by non-federal sources.

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. Learn how to turn our transitions into learning opportunities.

Ageless Career Search Examine the five generations currently in our workforce, what makes them unique, and how to leverage the strengths of each group.

Basic Financial Literacy A basic introduction to financial literacy such as management of forms of income, creating a budget, understanding your paycheck, and self-employment.

Career Exploration Explore your barriers to employment and explore potential career paths.

Career Kick Start Learn the tools and competencies necessary to conduct a successful job search.

Career Reinvention Explore how to reconcile past issues that have clouded your confidence; redefine who you are and what you want to do; devise a personal reinvention plan; and build an active professional network.

Conflict Transformation Examine how conflicts develop and identify practical approaches to conflict prevention and management.

Discovering A/D Works! Explore programs, services and workshops that can help you level up your job search.

Disrupting Ageism Identify ageist self-talk, and develop career-enhancing skills that communicate self-confidence, value teamwork, and support collaboration across age groups.

Emotional Intelligence Learn the importance of EQ and how it impacts your job search

Fair Chance Employment Learn about Colorado's fair chance employment laws, as well as tips on discussing your background and other helpful tools and strategies to assist you during your job search

Generations@Work! Whether you're reentering the workforce, pivoting to a new path, or seeking meaningful employment, this program for job seekers 40+ is designed with you in mind.

- **Skills Lab** Topics vary each week.
- **Job Seekers Networking Session** Join fellow job seekers and share valuable advice, career opportunities, and connections.

Growth Mindset Discuss the concept behind Carol Dweck's research, explore ways to respond to everyday challenges and demands using a growth mindset lens, and learn language to help reshape the way we speak and think.

Interviewing The preparation required before an interview and insight into different types of interviews including panel and telephone.

Introduction to BAC Dedicated to exploring the various assessments at The Business & Assessment Center and how they can help you level up in your career journey.

LinkedIn A basic overview of how to build your profile, make connections, find jobs, follow companies, and grow your professional network.

Navigating Stress Learn a range of evidence-based techniques and strategies to help manage stress and improve your overall well-being.

O*Net OnLine Learn to navigate and use O*NET OnLine, a comprehensive web application that provides detailed descriptions of occupations. Begin to explore career options, identify skill requirements, and make informed decisions about your career path.

Overcoming Job Loss This workshop focuses on practical skills to manage strong emotions, practice self-care, and develop self-empowerment strategies to not only survive job loss, but also to thrive in future ahead.

Resumes Provides 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.

Remote Work Explore skills needed for remote work and the best job boards to use to find it.

Salary Negotiations An important component in increasing your salary earnings when landing a new position, being promoted, or after a performance review. Most employers are willing to negotiate salaries, but most candidates will not attempt it.

Technology and Job Search New technology can be a useful tool in your job search. Learn how to use it effectively.

Workplace Values Explore your personal values and determine organizational fit for potential job satisfaction.

Connect with a Career Services Advisor - <https://bit.ly/3ITiuGu>



@adworks303



Arapahoe/Douglas Works!

