

April 2023 ~ Generations@Work!

50+ Workshop Calendar

Our Virtual Workshops are primarily on Monday, Wednesday & Fridays

“The gray shaded events are “In Person Only”

Monday	Tuesday	Wednesday	Thursday	Friday
3 Health Career & Resource Fair 10:00 - 2:00	4 Inclusive Career Mixer 1:00 - 3:00	5 50+ Open Lab 8:30 - 11:00 LinkedIn 2:00 - 4:00	6 Hiring Event Waffle House 10:00 - 12:00 Hiring Event SAS Retail Services 10:00 - 12:00	7
10 Positive Psychology 9:00 - 10:00 50+ Ageism 10:00 - 11:00 Growth Mindset 3:00 - 4:00	11 Interviewing 2:00 - 4:00	12 50+ Open Lab 8:30 - 11:00 Virtual Career Fair Employment First 11:00 - 2:00 50+ STAR Stories LAB 2:00 - 4:00	13 50+ Virtual Connecting Colorado.com 3:00 - 4:00 Hiring Event – FedEx Ground 1:00 - 3:00	14 Emotional Intelligence 2:00 - 4:00
17 Colorado Health Careers Academy Info Session 8:00 - 5:00	18 Career Reinvention 9:00 - 11:00 Navigating Stress 3:00 - 4:00	19 50+ Open Lab 8:30 - 11:00 LinkedIn 2:00 - 4:00	20 Overcoming Job Loss 9:00 - 10:00 Informational Session U.S. Border Patrol 10:00 - 12:00	21 50+ STAR Stories LAB 9:00 - 11:00
24 3 Keys to Difficult Transitions 9:00 - 10:00 Navigating Stress 3:00 - 4:00	25 True Colors 9:00 - 12:00 Resumes 2:00 - 4:00	26 50+ Open Lab 8:30 - 11:00 Virtual Meet the Recruiter 11:00 - 12:00 ADW Connections Disability Program Navigator 2:00 - 3:00	27 Emotional Intelligence 9:00 - 11:00 50+ ONETonline.org 11:00 - 12:00	28 50+ Ageism 9:00 - 10:00 Job Boards 10:00 - 11:00 LinkedIn 2:00 - 4:00

Main office: 6974 S. Lima Street Centennial, CO 80112 Phone: 303.636.1160 www.adworks.org

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



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 A/D Works! 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 **4th 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.