

APRIL 2026

A/D Works! Workshops

VIRTUAL WORKSHOPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Salary Negotiations 9am - 11am	2 Generations @Work! Job Seekers Networking Session 10:30am-12pm Generations @Work! Skills Lab: Great Answers to Tough Interview Questions 1:30pm - 3pm	3 Growth Mindset 9am - 10:30am Resumes 2pm - 3pm
6 Career Kick Start 9am - 10:30am	7 Generations @Work! 3 Keys to Difficult Transitions 10:30am - 12pm	8	9 Generations @Work! Job Seekers Networking Session 10:30am-12pm Generations @Work! Skills Lab: Personal Finance After Job Loss 1:30pm - 3pm	10 Navigating Stress 9am - 10:30am Interviewing 2pm - 4pm

<p style="text-align: right;">13</p> <p>Discovering A/D Works 2pm - 3pm</p>	<p style="text-align: right;">14</p> <p>Generations @Work! Disrupting Ageism 10:30am - 12pm</p>	<p style="text-align: right;">15</p> <p>Workplace Values 9am - 10:30am</p> <p>Fair Chance Employment 2pm - 3pm</p>	<p style="text-align: right;">16</p> <p>Generations @Work! Skills Lab: Self-Presentation Your Age is Not Your Headline - Your Value Is 10:30am - 12pm</p>	<p style="text-align: right;">17</p> <p>Spoons & Self-Care with AllHealth 9am - 10am</p> <p>Resumes 10am - 11am</p>
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 Arapahoe/Douglas Works!



APRIL 2026

A/D Works! Workshops

VIRTUAL WORKSHOPS

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 Arapahoe/Douglas Works!



APRIL 2026

A/D Works! Workshops

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 Arapahoe/Douglas Works!



APRIL 2026

A/D Works! Workshops

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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>

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