

# JUNE 2023 ~ GENERATIONS@WORK!

"The Gray Shaded Events Are "In Person Only"

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Open Skills Lab (Job Search) 8:00 – 10:30  Overcoming Job Loss 10:30 – 12:00	2 Disrupting Ageism 2:00 – 3:00
5 Growth Mindset 10:00 – 11:00	6 Southwest Airlines Career Connections 11:00 – 12:00	7 Social & Emotional Learning Lab (Growth Mindset Skills ) 9:30 – 11:00  Financial Education Workshop Series 11:00 – 12:00	8 Open Skills Lab (Job Search) 8:00 – 10:30  Pursue Your Passion 10:30 – 12:00  Fired Up: I Want To Start A Business 6:00 – 8:00	9 Emotional Intelligence 2:00 – 4:00
12 Positive Psychology 9:00 – 10:00	13 Southwest Airlines Career Connections 11:00 – 12:00	14 Social & Emotional Learning Lab (Positive Psychology Skills) 9:30 – 11:00  Financial Education Workshop Series 11:00 – 12:00	15 Open Skills Lab (Job Search) 8:00 – 10:30  Disrupting Ageism 10:30 – 12:00	16 Overcoming Job Loss 10:30 – 12:00  STAR Stories Lab 2:00 – 4:00
19 Juneteenth Resource Center Closed	20 Southwest Airlines Career Connections 11:00 – 12:00	21 Social & Emotional Learning Lab (Emotional Intelligence Skills) 9:30 – 11:00  Financial Education Workshop Series 11:00 – 12:00  Navigating Stress 3:00 – 4:00	22 Open Skills Lab (Job Search) 8:00 – 10:30  Conflict Transformation 10:30 – 12:00	23
26	27 Southwest Airlines Career Connections 11:00 – 12:00  Positive Psychology 2:00 – 3:00	28 Social & Emotional Learning Lab (Conflict Transformation Skills) 9:30 – 11:00  Navigating the Multi- Generational Workplace 11:00 – 12:00  Financial Education Workshop Series 11:00 – 12:00  Disrupting Ageism 2:00 – 3:00	29 Open Skills Lab (Job Search) 8:00 – 10:30  Overcoming Job Loss 10:30 – 12:00	30

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

## **GENERATIONS@WORK! RECOGNITION. RESPECT. RESULTS**

The Generations@Work Program offers mature job seekers support, education, and resources to successfully move beyond job loss toward new and meaningful work. Work-life experience is a powerful asset! Through the Generations program, job seekers partner with workforce specialists to explore career interests, target high quality jobs, and transition to new employment.

### **GENERATIONS@WORK! LABS**

#### **GENERATIONS JOB SEARCH SKILLS OPEN LAB**

This lab provides an opportunity to further develop the resume, interview, and LinkedIn profile building-skills taught in A/D Works workshops. Join this open lab to create resumes that emphasize expertise over age, explore approaches to answering difficult interview questions, and develop a LinkedIn Profile to grab the attention of top recruiters and employers. If you're in the area, stop by the Lab and say hello!

#### **GENERATIONS SEL (SOCIAL-EMOTIONAL LEARNING) PRACTICE LAB**

This lab provides an opportunity to practice the SEL Skills (also called soft skills or success skills) presented in Emotional Intelligence, Disrupting Ageism, Overcoming Job Loss, Positive Psychology, and Conflict Transformation workshops. This lab focuses on skills such as working through obstacles, self-awareness, self-management, and developing practices to increase happiness and success. Lab resources include self-assessments, exercises in problem solving, take-home projects, and role-play scenarios. If you're in the area, stop by the Lab and say hello

**ALL GENERATIONS@WORK LABS ARE LOCATED AT 6974 S LIMA PLAZA WORKFORCE CENTER BLDG A**

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### **GENERATIONS@WORK! WORKSHOP DESCRIPTIONS**

**CONFLICT TRANSFORMATION** Anytime people come together to work or socialize, conflict can arise. This workshop examines how conflicts develop and identifies practical approaches to conflict prevention and management. Participants will identify their own conflict style while learning how communication, empathy, and active listening skills can transform everyday disagreements into opportunities for growth, partnership, and positive change.

**DISRUPTING AGEISM** 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.

**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.

**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.

**NAVIGATING STRESS** Stress can take a significant toll on our physical and mental health. A/D Works! 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.

**PURSUE YOUR PASSION** Have you ever considered pursuing work you are passionate about? Many job seekers dream of a future that combines work with passionate interests. This workshop explores the process of exploring interests, identifying needs and wants, and creating a practical pathway toward a new, exciting career.

**STAR STORIES** Explore the Star Story method of resume development and interviewing.