

August 2025

A/D Works! Workshops

Grey shaded events are In-Person Only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Growth Mindset 9am – 10:30am Intro to BAC @ Centennial 9:30am-10:30am
4 Resumes @ Castle Rock 9am – 11am Interviewing 9am – 11am Discovering A/D Works! 2pm – 3pm	5 Interviewing @ Castle Rock 9am - 11am Taller de Currículum @ Aurora 9am – 11am Resumes @ Centennial 9am – 11am	6 LinkedIn 9am – 11am Job Seekers Network 2:30pm - 4pm	7 Money Matters @ Aurora 9am – 11am Overcoming Job Loss 10:30am-12pm Interviewing @ Aurora 2pm - 4pm	8 Navigating Stress 9am – 10:30am Skills Lab: Biology of Stress Reduction 10:30am - 12pm
11 Career Exploration @ Castle Rock 9am – 10am Emotional Intelligence 9am – 10:30am	12 Technology & Job Search @ Castle Rock 9am - 11am Interviewing @ Centennial 9am – 11am Skills Lab: Self-Talk and Self-Empowerment 10:30am - 12pm	13 Job Boards 9am – 10:30am Intro to BAC @ Aurora 1:30pm-2:30pm Basic Financial Literacy 2pm - 3pm Job Seekers Network 2:30pm - 4pm	14 Conflict Transformation 10:30am-12pm Money Matters 1:30pm – 3:30pm Resumes @ Aurora 2pm – 4pm	15 Rewire Your Brain with AllHealth 9am - 10am Discovering A/D Works! 9am – 10am Basic Financial Literacy @ CentrePoint 10am – 11am Positive Psychology 10:30am-12pm Resumes 2pm – 4pm

18 Resumes @ Castle Rock 1:30pm – 3:30pm Ageless Career Search 9am – 10:30am Resumes 2pm – 4pm	19 Taller de Entrevista @ Aurora 9am – 11am Skills Lab: Great Answers to Tough Interview Questions 10:30am - 12pm Interviewing @ Castle Rock 1:30pm - 3:30pm LinkedIn @ Centennial 2pm – 4pm	20 No Workshops	21 Interviewing @ Aurora 9am - 11am Technology & Job Search 10am – 11:30am Disrupting Ageism 10:30am-12pm	22 Doctors Care One-on-One Info Session @ Centennial 9am – 10am Interviewing 9am – 11am Skills Lab: 3 Keys to Difficult Transitions 10:30am-12pm Navigating Stress 1:30pm-3pm
25 Salary Negotiations 9am - 11am Career Exploration @ Castle Rock 1:30pm – 2:30pm	26 Workplace Values @ Centennial 9am – 11am Skills Lab: Encore Careers 10:30am - 12pm Technology & Job Search @ Castle Rock 1:30pm-3:30pm	27 Discovering A/D Works! 9am – 10am Basic Financial Literacy @ Castle Rock 2pm – 3pm Job Seekers Network 2:30pm - 4pm	28 Personal Finance After Job Loss 10:30am – 12pm Money Matters @ Castle Rock 9am - 11am Resumes @ Aurora 9am – 11am	29 Career Reinvention 9am – 10:30am Skills Lab: Your Age Is An Asset 10:30am-12pm

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.

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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 identifies practical approaches to conflict prevention and management.

Discovering A/D Works! can help any jobseeker reach their employment goals. Your next job is out there. 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 you job search

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.

Job Search Support Lab Use our computers to fill out applications, explore job boards, and register with Connecting Colorado. Career Services Advisors will be on hand to assist with questions and provide feedback.

Job Seekers Network Connect with fellow job seekers to share valuable advice, career opportunities, and connections.

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

Personal Finance After Job Loss For job seekers age 50+, **practical advice** and **guidance** on how to manage finances during a job loss.

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.

Generations@Work! Skills Lab Interactive, virtual sessions designed for job seekers to build practical tools, share experiences, and connect with others on the path to new opportunities. Topics vary each week.

- 8/8 – Biology of Stress
- 8/12 – Self-Talk and Self-Empowerment
- 8/19 – Great Answers to Tough Interview Questions
- 8/26 – Encore Careers
- 8/29 – Your Age is an Asset

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



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