

September 2025

A/D Works! Workshops

VIRTUAL WORKSHOPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 County Holiday Office Closed	2	3 Interviewing 9am - 11am Generations @Work! Job Seekers Networking Session 2:30pm - 4pm	4 Generations @Work! Skills Lab: The Biology of Stress Reduction 10:30am-12pm	5 Growth Mindset 9am - 10:30am
8 LinkedIn 9am - 11am	9 Generations @Work! Skills Lab: Self-Talk and Self-Empowerment 10:30pm - 12pm	10 Discovering A/D Works! 9am - 10am Basic Financial Literacy 2pm - 3pm Generations @Work! Job Seekers Networking Session 2:30pm - 4pm	11 Generations @Work! Disrupting Ageism 10:30am-12pm Money Matters 1:30pm - 3:30pm	12 Navigating Stress 9am - 10:30am Resumes 9am - 11am Generations @Work! 3 Keys to Difficult Transitions 10:30am - 12pm
15 Salary Negotiations 9am - 11am Interviewing 2pm - 4pm	16	17 Resumes 9am - 11am Fair Chance 2pm - 3pm	18 Technology and Job Search 2pm - 3:30pm	19 Journaling with AllHealth 9am - 10am Discovering A/D Works! 2pm - 3pm

22 Resumes 9am - 11am	23	24 Career Reinvention 9am - 10:30am	25	26 Doctors Care 9am - 10am Navigating SSDI Benefits 10am - 11:30am Navigating Stress 1:30pm - 3pm
29 Interviewing 9am - 11am Ageless Career Search 2pm - 4pm	30			

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! 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 your job search

Fair Chance Employment Join us to learn more about Colorado's fair chance employment laws, as well as tools and strategies to assist you during your 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.

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.

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

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



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