

APRIL 2025

A/D Works! Workshops

Grey shaded events are In-Person Only

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| | 1 | 2 | 3 | 4 |
| | Interviewing @ Castle Rock 9am - 11am LinkedIn @ Centennial 2pm - 4pm | Networking 9am - 11am Skills Lab: Self-Talk and Self-Empowerment @ Centennial 1pm - 2:30pm Job Seekers Network @ Centennial 2:30pm - 4pm | Skills Lab: Great Answers to Tough Questions @ Centennial 9am - 10:30am Money Matters @ Aurora 9am - 11am Disrupting Ageism @ Centennial 10:30am-12pm Interviewing @ Aurora 2pm - 4pm | Growth Mindset 10:30am-12pm Career Kickstart 2pm - 3:30pm |
| 7 | 8 | 9 | 10 | 11 |
| Discovering A/D Works! 9am - 10am Career Exploration @ Castle Rock 1:30 - 2:30pm | Technology and Job Search @ Castle Rock 9am - 11am Resumes @ Centennial 2pm - 4pm | Ageless Career Search 9am - 10:30am Intro to BAC @ Aurora 1:30- 2:30pm Basic Financial Literacy 2pm - 3pm | Interviewing @ Centennial 9am - 11am Money Matters 1:30pm-3:30pm Technology and Job Search 2:30pm - 4pm Resumes @ Aurora 2pm - 4pm | Job Boards 9am - 10:30am Navigating Stress 10:30am-12pm |

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| <p style="text-align: right;">14</p> <p>Career Reinvention 9am – 10:30am</p> <p>Resumes @ Castle Rock 9am – 11a</p> <p>Interviewing 2pm - 4pm</p> | <p style="text-align: right;">15</p> <p>Technology and Job Search @ Castle Rock 1:30pm-3:30pm</p> <p>Emotional Intelligence @ Centennial 9am - 11am</p> | <p style="text-align: right;">16</p> <p>Skills Lab: AI-Fueled Job Search and Resumes @ Centennial 1pm - 2:30pm</p> | <p style="text-align: right;">17</p> <p>Skills Lab: Your Age Is An Asset @ Centennial 9am - 10:30am</p> <p>Interviewing @ Aurora 9am - 11am</p> <p>Overcoming Job Loss @ Centennial 10:30am-12pm</p> | <p style="text-align: right;">18</p> <p>Self-Care with AllHealth 9am – 10am</p> <p>Positive Psychology 10:30am-12pm</p> |
| <p style="text-align: right;">21</p> <p>Career Exploration @ Castle Rock 9am - 10am</p> <p>LinkedIn 9am - 11am</p> | <p style="text-align: right;">22</p> <p>Discovering A/D Works! @ Centennial 9am - 10am</p> <p>Interviewing @ Castle Rock 1:30 - 3:30pm</p> | <p style="text-align: right;">23</p> <p>Workplace Values 9am – 11am</p> <p>Intro to BAC @ Centennial 9:30 – 10:30am</p> <p>Job Seekers Network @ Centennial 2:30pm - 4pm</p> | <p style="text-align: right;">24</p> <p>Skills Lab: Conflict Mapping @ Centennial 9am - 10:30am</p> <p>Money Matters @ Castle Rock 9am – 11am</p> <p>Resumes @ Aurora 9am – 11am</p> <p>Conflict Transformation @ Centennial 10:30am-12pm</p> | <p style="text-align: right;">25</p> <p>Personal Finance After Job Loss 10:30am-12pm</p> <p>Interviewing 2pm – 4pm</p> |
| <p style="text-align: right;">28</p> <p>Salary Negotiations 9am – 11am</p> <p>Discovering A/D Works! 2pm – 3pm</p> | <p style="text-align: right;">29</p> <p>O*Net Online @ Centennial 2pm – 3:30pm</p> | <p style="text-align: right;">30</p> <p>Skills Lab: Generations@ Work! and You @ Centennial 1pm - 2:30pm</p> <p>Job Seekers Network @ Centennial 2:30pm - 4pm</p> | | |

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 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.

Money Matters This workshop focuses on concepts of financial independence and planning

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.

Skills Lab Topics vary each week.

Generations@Work! Skills Lab Topics vary each week.

- 4/2 – Self-Talk and Self-Empowerment
- 4/3 – Great Answers to Tough Questions
- 4/16 – AI-Fueled Job Search and Resumes
- 4/17 – Your Age is an Asset
- 4/30 – Generations@Work! and You

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



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