

November 2023 A/D Works! Workshops

Registration in Connecting Colorado is required to attend all workshops.

6974 S. Lima St., Centennial, CO 80112 | Phone: 303.636.1160 | www.adworks.org

Grey shaded events are In-Person Only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Discovering A/D Works! 9am - 10am Financial Literacy 1pm - 2pm	2 Salary Negotiations 9am - 11am Resume @ Altura 1pm - 3pm	3 Microsoft Windows 9am - 11am Conflict Transformation 10:30am - 12:00pm Connecting Colorado 2pm - 4pm
6 Discovering A/D Works! 9am - 10am	7 LinkedIn 9am - 11am 3 Keys to Difficult Transitions 10:30pm - 12pm Discovering BAC 1pm - 2pm	8 Resume 9am - 11am 5 Core Skills Lab 2pm - 4pm	9 Open Skills Lab 8am - 10am Disrupting Ageism 10:30am - 12pm Interviewing 2pm - 4pm	10 Office Closed
13 Interviewing 2pm - 4pm	14 Resume 9am - 11am Positive Psychology 10:30am - 12pm Workplace Values 2pm - 4pm	15 Discovering A/D Works! 9am - 10am Financial Literacy 1pm - 2pm	16 Open Skills Lab 8am - 10am Interviewing @ Altura 9am - 11am Conflict Transformation 10:30am - 12pm Career Exploration 1pm - 2pm	17 Microsoft Windows 9am - 11am Disrupting Ageism 10:30am - 12pm Career Reinvention 2pm - 4pm
20 LinkedIn 2pm - 4pm	21 Navigating Stress 10:30am - 12pm	22 Discovering BAC @ Altura Plaza 1:30pm - 2:30pm Resume 2pm - 4pm	23 Office Closed	24 Office Closed
27 Discovering A/D Works! 2pm - 3pm	28 Career Kick Start 9am - 11am Growth Mindset 10:30am - 12pm Ageless Career Search 2pm - 4pm	29 Career Exploration @ Altura Plaza 1:30pm - 2:30pm 5 Core Skills Lab 2pm - 4pm	30 Open Skills Lab 8am - 10am Resume @ Altura 9am - 11am Overcoming Job Loss 10:30am - 12pm Interviewing 2pm - 4pm	

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. This workshop will help us 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.

Career Kick Start Learn the tools and competencies necessary to conduct a successful job search.

Career Reinvention Designed for experienced professionals seeking to change careers. It explores 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.

Career Exploration Explore your barriers to employment and explore potential career paths.

Conflict Transformation In gatherings for work or socializing, conflicts may arise. This workshop examines 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.

Discovering BAC Dedicated to exploring the various assessments at The Business & Assessment Center and how they can help you level up in your career journey.

Disrupting Ageism Participants will learn to recognize ageism and develop strategies to counter ageist stereotypes in the job search process. Identify ageist self-talk, and develop career-enhancing skills that communicate self-confidence, value teamwork, and support collaboration across age groups.

Financial Literacy A basic introduction to financial literacy such as management of forms of income, creating a budget, understanding your paycheck, and self-employment.

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.

Interviewing This workshop looks at the preparation required before an interview and gives insight into different types of interviews including panel, and telephone.

LinkedIn Designed to provide a basic overview of what it is, how to build your profile, make connections, find jobs, follow companies, and grow your professional network.

Navigating Stress 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 explore identifying stressors and creating a self-care routine that will empower participants.

Positive Psychology We will discuss thoughts, feelings, and behaviors, focusing on strengths instead of weaknesses. Discover how skills can be developed with effort and are not limited by intelligence. Understand how our thinking directly influences success.

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.

Resume 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.

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.

Open Skills Lab Join this lab to enhance your resume and interview skills taught in our workshops. Emphasize expertise over age in your resume and tackle tough interview questions.

5 Core Skills Lab Practice skills from Emotional Intelligence, Disrupting Ageism, Overcoming Job Loss, Positive Psychology, and Conflict Transformation workshops. Enhance self-awareness, self-management, and obstacle navigation for increased happiness and success. Resources include self-assessments, take-home projects, and role play scenarios.

