





# EMPLOYMENT WORKSHOPS AND CLINICS



Workshops are also pre-recorded and can be viewed at a date and time convenient for you.

## ABC'S OF A WINNING RESUME

Learn how to compose a cover letter and resume that reflects your strengths and explore different resume formats.



## INTERVIEW TECHNIQUES

Provides information, ideas, and tools to prepare you for a job interview. The better prepared you are, the less nervous you will be.

**\*PRE-RECORDED AVAILABLE**

## MOTIVATION & ATTITUDE

Discover what motivates you and what shapes your attitude towards work and the world around you.

**\*PRE-RECORDED AVAILABLE**



## SELF-CONCEPT

Self-concept is a direct link to our self-confidence; how much we accept and approve of ourselves, and how much we value ourselves.



## TEAMWORK &

## CAREER DEVELOPMENT

Discuss how to work better with others, when to know it's time to move on, and how to do so without burning bridges behind you while moving towards career goals.

**\*PRE-RECORDED AVAILABLE**

## EFFECTIVE APPLICATIONS

In this workshop, you will learn the rules necessary for effective application completion and the resources available to easily complete it.

## JOB SEARCH STRATEGIES

Does your job search need a jumpstart? The workshop will cover four proven methods to help you find the job you are looking for.



## OVERCOMING A CRIMINAL BACKGROUND BARRIER

Learn job search techniques that address your criminal background. Learn about tax credits, how to explain felony convictions in interviews, and create a statement of change.

**\*PRE-RECORDED ONLY**



## SOCIAL MEDIA 101

What do your social media posts say about you? Your online presence can impact your job search. Make the best virtual impression and learn how to utilize social media to locate job leads.



## ETHICS, TIME MANAGEMENT & DEPENDABILITY

Acceptable workplace conduct, strategies to budget your time, and how dependability can lead to job security.

**\*PRE-RECORDED AVAILABLE**



## IMPACT OF ATTITUDE

Our attitude follows us in every situation and thus has major implications on our success and happiness. It's important to be aware of your own attitudes so you can accept or change them.



## RELATIONSHIPS & COMMUNICATION

Relationships take work, so it is important to understand the value of the effort you make. Communication is a two-way process: talking and listening.

## STRESS &

## ANGER MANAGEMENT

Stress is everywhere. It is inescapable. It can affect us in multiple, powerful ways. Stress and anger are two sides of the same coin. Often, we are angry because we are stressed and vice versa.



**TO REQUEST ACCESS TO WORKSHOPS:**

[WWW.GOODWILL-OREGON.ORG/JOBCONNECTIONS](http://WWW.GOODWILL-OREGON.ORG/JOBCONNECTIONS) OR CALL 541-431-3309