

# NOVEMBER 2022

## JOB CONNECTIONS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 7	1	2 Self Determination 2:30 - 4:00 PST Virtual Live	3	4 Job Search Strategies 2 - 3:30 PST Virtual Live
14 Interview Techniques 2:00 - 3:30 PST Virtual Live		9 Decision Making 2:30 - 4:00 PST Virtual Live	10	<b>VETERANS DAY</b> 
21		16 Stress & Anger Management 2:30 - 4:00 PST Virtual Live	17	18 Social Media 101 12:30 - 2:00 PST Virtual Live
 28 Effective Applications 10:00 - 11:00 PST Virtual Live	22	23 Dealing with the Debt Monster 2:30 - 4:00 PST Virtual Live	<i>Job Connections Closed</i>	
	29	30		

Workshops that are also pre-recorded can be viewed at a date and time convenient for you:  
Overcoming a Criminal Background Barrier, Interview Techniques, Motivation & Attitude,  
Teamwork & Career Development, Ethics, Time Management & Dependability.

See Workshop descriptions on Page 2.

Seneca  
Job Connections  
855 Seneca Rd  
Eugene, OR  
(541) 431-3309

North Bend  
Job Connections  
3696 Broadway  
North Bend, OR  
(541) 808-3707

Brookings  
Job Connections  
890 Chetco Ave  
Brookings, OR  
(541) 813-2370



Springfield  
Job Connections  
102 30<sup>th</sup> St  
Springfield, OR  
(458) 205-8157

Florence  
Job Connections  
1310 Hwy 101  
Florence, OR  
(541) 590-3541

Midtown  
Job Connections  
3838 Old Seward Hwy  
Anchorage, AK  
(907) 563-6355

Dimond  
Job Connections  
8931 Old Seward Hwy  
Anchorage, AK  
(907) 344-4640

Wasilla  
Job Connections  
1660 E Financial Dr  
Wasilla, AK  
(907) 357-4417

To request access to workshops:

[www.goodwill-oregon.org/job-connections](http://www.goodwill-oregon.org/job-connections) or call 541-431-3309

# 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.

**\*\*Not Offered this Month\*\***



## 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.

**\*\*Not Offered this Month\*\***



## 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.

**\*\*Not Offered this Month\*\***



## 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.

**\*\*Not Offered this Month\*\***



## 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.



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