

Workshops

February 2016

★ **Provo Employment Center**
 1550 N. 200 W. • Provo, UT 84604
 385-241-4872 - Rebecca
 801-885-4888 - Noelle

Register for reserved seating.
 Walk-ins welcome.



- Our workshops are designed to give you the skills necessary to succeed in a highly competitive job market.
- No-cost workshops are open to all job seekers.
- Register at jobs.utah.gov, or speak with an employment counselor.
- Workshops start on time. Late-comers will be asked to reschedule.

Job Seeking Skills	
RESUMÉ WRITING & COVER LETTERS:	
Feb 1	1:00 PM–4:00 PM
Feb 17	9:00 AM–12:00 PM
Feb 29	1:00 PM–4:00 PM
INTERVIEWING SKILLS:	
Feb 8	1:00 PM–4:00 PM
Feb 24	9:00 AM–12:00 PM
JOB SEARCHING WITH TECHNOLOGY & APPLICATIONS:	
Feb 3	9:00 AM–11:00 AM
NETWORKING STRATEGIES:	
Feb 10	9:00 AM–12:00 PM
Feb 22	1:00 PM–4:00 PM
EMPLOYMENT ESSENTIALS:	
Feb 26	10:00 AM–12:00 PM
*LINKEDIN #1:	
Feb 11	10:00 AM–12:00 PM
*LINKEDIN #2:	
Feb 25	10:00 AM–12:00 PM

RESUMÉ WRITING & COVER LETTERS: Learn how to write and design a cutting-edge resumé and cover letter or power up a current resumé to get that interview. This workshop is designed for customers who are ready to write a resumé and start actively job searching.

INTERVIEWING SKILLS: Learn to be confident in an interview, research employers, market your skills and answer questions to enhance interview effectiveness.

JOB SEARCHING WITH TECHNOLOGY & APPLICATIONS: Learn tools and tips to navigate a successful online job search, including use of electronic job boards, online applications and sending or posting resúms. Basic computer skills required.

NETWORKING STRATEGIES: Learn how to design and implement a networking plan.

EMPLOYMENT ESSENTIALS: Learn strategies and tips to develop better job searching skills, skills identification, networking, resumé writing and interviewing skills.

LINKEDIN #1: Learn how to sign up, complete and make your profile effective. We will teach what experts look for in a good profile.
**Prerequisite — must have basic computer and Internet navigation skills. Register first, as computers are limited.*

LINKEDIN #2: Learn how to find and connect to others that can help you in your career. Find networking opportunities, get introductions, personal brand management and job search.
**Prerequisite — must have a current LinkedIn account and complete profile or have attended LinkedIn #1. Register first, as computers are limited.*

continued

Workshops

February 2016

February 2016 (continued)

★ **Provo Employment Center**
 1550 N. 200 W. • Provo, UT 84604
 385-241-4872 - Rebecca
 801-885-4888 - Noelle

Register for reserved seating. Walk-ins welcome.



- Our workshops are designed to give you the skills necessary to succeed in a highly competitive job market.
- No-cost workshops are open to all job seekers.
- Register at jobs.utah.gov, or speak with an employment counselor.
- Workshops start on time. Late-comers will be asked to reschedule.

Life Skills	
BUDGETING AND REBUILDING YOUR FINANCES:	
Feb 23	10:00 AM–12:00 PM
ASSERTIVE COMMUNICATION:	
Feb 4	10:00 AM–12:00 PM
FOOD SENSE - USU EXTENSION:	
Feb 18	11:00 AM–12:00 PM
FINDING HEALTHY RELATIONSHIPS - HOW TO AVOID A JERK OR JERKETTE:	
Feb 2	9:00 AM–4:00 PM
PARENTING WITH LOVE AND LOGIC:	
Feb 9	9:00 AM–4:00 PM
STRENGTHENING THE COUPLE RELATIONSHIP:	
Feb 16	9:00 AM–4:00 PM

BUDGETING AND REBUILDING YOUR FINANCES: Learn how to budget, save, repay debt and build credit.

ASSERTIVE COMMUNICATION: Learn communication styles, how to be direct, listening skills, expressing thoughts and feelings, personal rights, how to power up your language in interviews, conflict management and positive and negative feedback strategies.

FOOD SENSE - USU EXTENSION: Healthy Eating on a Budget. Learn how to make a food budget last all month long, plan and create a menu, shop from a list, save money on food and eat healthy. Food demonstration provided to learn how to prepare food in an easy, quick and healthy way.

FINDING HEALTHY RELATIONSHIPS - HOW TO AVOID A JERK OR JERKETTE: For singles of all ages—participants learn steps to building a high-quality, long-lasting relationship.

STRENGTHENING THE COUPLE RELATIONSHIP: Designed for couples in committed relationships—learn to understand one another's differences, increase trust and dependability and develop a deeper commitment.

PARENTING WITH LOVE AND LOGIC: Learn how to raise responsible children and have more fun—topics include ending power struggles, teaching responsibility, setting limits and preventing arguments, problem solving and completing chores without conflict.

Workforce Services • jobs.utah.gov

Equal Opportunity Employer/Program

Auxiliary aids and services are available upon request to individuals with disabilities by calling 801-526-9240. Individuals with speech or hearing impairments may call the Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-3162.