

# VALLEYWORKS CAREER CENTER WORKSHOP DESCRIPTIONS

Workshops are offered on a rotating schedule. For the most up-to-date information on events, workshops and other ValleyWorks news, check our website - [www.valleyworks.cc](http://www.valleyworks.cc) or consult our staff.

**An Overview to Training:** A brief overview to training funding eligibility through Valley Works Career Center.

**ABC's to an Easier Job Search:** Launch your job search and plan a strategy for success. Gain an understanding of the numerous job search techniques and resources that can be used to plan and conduct a focused, highly effective, and comprehensive job search.

**Cover Letters:** Learn how to create this strong selling tool that will complement your résumé and grab an employer's interest. **Prerequisite:** Bring a printed copy of an **ADVERTISEMENT or JOB POSTING** for a job for which you would be interested in applying and a **copy of TYPED RÉSUMÉ**.

**English for Speakers of Other Languages (ESOL)/Literacy Improvement:** Improve your employability and self-esteem by improving your English skills and general literacy skills. This computer based self-paced study program uses Rosetta Stone software.

**Introduction to Computers:** Designed to introduce you to computers and software used at the Career Center. Learn to open and close files, do simple formatting and other basic skills. **Prerequisite:** Basic keyboarding skills required. Must bring a 3 ½" diskette, or flash drive, no CDs.

**Introduction to MS Excel 2007:** Workshop will provide participants with an overview of basic Excel functions and the use of formulas. **Prerequisite:** Participants must have basic computer skills. **Required:** basic keyboarding & ability to use a mouse. Must bring a 3½" diskette, or flash drive, no CDs.

**Intermediate MS Excel 2007:** An opportunity to learn how to create charts, link worksheets, and workbooks, create pivot tables, macros, use advanced formulas and auto functions as well as format worksheets for printing. **Fee based service. Prerequisite:** Bring a 3 ½" diskette, or flash drive, no CDs; **MUST** have experience creating basic worksheets in MS Excel 2007 & know how to cut, copy and paste; use a mouse, create basic formulas, work with MS Excel 2007 ribbon, save worksheets or complete and be comfortable with material covered in Introduction to MS Excel 2007. Fee waiver is based on program eligibility, determined need, staff referral, and prerequisite workshops. **Fee for this workshop is \$50 in advance; \$75 the week of the event.**

**Introduction to MS Word 2007:** Learn to use basic MS Word features. **Prerequisite:** Must have completed Introduction to Computers or equivalent; Basic keyboarding skills required. Must bring a 3 ½" diskette, or flash drive, no CDs.

**Intermediate MS Word 2007:** This workshop will provide an overview of using formatting functions, such as format painter, header & footer, mail merge, envelopes, labels, and graphics. **Fee based service. Prerequisite:** Must have previous experience using MS Word 2007, have created at least a couple of documents in MS Word 2007. Must bring a 3½" diskette, or flash drive, no CDs. Fee waiver is based on program eligibility, determined need, staff referral, and prerequisite workshops. **Fee for this workshop is \$50 in advance; \$75 the week of the event.**

**Insider Information on Popular Jobs:** Learn how to research Labor Market Information to select jobs with future growth, or vast hiring potential due to the nature of the industry. Discover the critical and emerging industries and gain an understanding of how to use information to create new opportunities.

**Interviewing Techniques:** Market yourself with confidence, advertise your strengths, skills, and accomplishments in the interview. Learn how to handle the most common questions asked in interviews.

**Job Search Club:** Start off on the right foot. Get motivated and inspired, sharpen your job search skills in one area or join these sessions regularly to focus on the development of strategies that will lead to interviews and job offers.

**Learn English with Rosetta Stone®:** Use Rosetta Stone software in our computer lab to improve your English skills. Computer based program only.

**Marketing Your Maturity:** Discover how to put a positive spin on your experience, people skills, work ethic, desire to solve employers' problems, and learn how to focus on employer's needs. Dispel common myths, boost your self-confidence and learn how maturity can be a competitive advantage.

**Microsoft Publisher:** Learn to use MS Publisher and how to create a newsletter. **Fee based service. Prerequisite:** Participants must bring flash drive to save files, no CDs. **Required:** Basic computer skills and basic MS Word experience. Fee waiver is based on program eligibility, determined need, staff referral, and prerequisite workshops. **Fee for this workshop is \$50 in advance; \$75 the week of the event.**

**Mock Interviewing:** The key to turning interviews into offers is being prepared! A mock interview will help you prepare and provide you with a valuable tool - video feedback that will enhance your interviewing skills. **Fee based service. Prerequisite:** Customer must submit a typed resume, written job Description, & salary data for interview position, and fee when appointment is made. Fee waiver is based on program eligibility, determined need, staff Referral, and prerequisite workshops. **Advanced registration required. Fee for this service \$60.**

**Myers Briggs Type Indicator:** By using this vocational assessment you will discover your work preferences, strengths and weaknesses. This is an excellent tool to help you make career decisions and more effectively market your experience and personal strengths. **Fee based service.**

**Prerequisite:** Customer must complete the assessment one week prior to the scheduled appointment. This service is delivered by appointment only, call for appointment information. **Advanced registration required. Fee for this service \$140.**

**Negotiating Job Offers/Salary:** Learn how to present yourself with confidence and authority when it comes to money, perks and benefits.

**Networking for Professionals:** Join your peers at this weekly forum for professionals in job transition that offers opportunities to network, sharpen job search skills, and stay motivated. This group is for you if you are a person with a professional attitude about your career!

**Online Job Applications:** Learn how to effectively complete an online job application, take a personality or job related online assessment, and avoid common errors that impact your chances for an interview. Come prepared to complete an application online. Bring your résumé or résumé worksheet.

**PowerPoint 2007:** An overview of using the drawing feature, inserting pictures, custom animation and setting up a presentation. **Fee based service. Prerequisite:** Participants must bring flash drive to save files, no CDs. **Required:** Basic computer skills and Basic MS 2007 Word, PowerPoint and/or Excel experience. Fee waiver is based on program eligibility, determined need, staff referral, and prerequisite workshops. **Fee for this workshop is \$50 in advance; \$75 the week of the event.**

**Résumé Assistance:** Need a résumé? Get help to create, edit, update, format, finalize or ask questions about a résumé. **Prerequisite:** Bring either a completed Résumé Worksheet and/or copy of your current résumé. Bring a 3 ½" diskette, or flash drive to save your electronic résumé; no CDs.

**Résumé Basics:** Learn how to create a basic one page résumé. **Prerequisite:** You must bring the following to the workshop: a completed Résumé Worksheet (available in the Resource Room in both Lawrence and Haverhill), a 3 ½" diskette, or flash drive, no CDs, and you must have the ability to use a mouse, and have basic typing/keyboarding skills, or attend Introduction to Computers or SPLS prior to enrolling in this workshop.

**Résumé Critique:** Meet one-on-one for a 30-minute professional critique of your résumé. **Fee based service. Prerequisite:** You must submit a typed résumé & fee when appointment is made. Fee waiver is based on program eligibility, determined need, staff referral, and prerequisite workshops. **Advanced registration required. Fee for this service \$30.**

**Résumé Writing Beyond Basics:** Do you want to be sure your résumé will compete? Learn how to make your current résumé more competitive and to enhance your résumé to ensure this key tool highlights your skills and experience. Your résumé is very important in today's competitive marketplace.

**Prerequisite:** You must bring a copy of your TYPED RÉSUMÉ to this workshop.

**Self-Directed Search:** Use one of the levels (E, or R/CP) of this self-scoring assessment to identify occupations that match your interests. Leave with a list of occupations that reflect your career interests. Levels are based on academic achievement. Staff will assist you to select the correct level.

**Self-Paced Learning Services (SPLS):** Develop key skills & learn popular computer software programs at your own pace. Use our learning system to learn to type, create a resume, improve your work-readiness skills, improve your English skills (ESOL), study for the GED or learn how to use Microsoft Office Suite 2007, QuickBooks 2009, Accounting Fundamentals, Photoshop CS4, Flash CS4 Professional, HTML Fundamentals/Advanced, Dreamweaver CS4, & Business Planning.

**Small Business Administration (SBA) Connections That Work:** Gain a better understanding of the various SBA programs and services available for prospective & current entrepreneurs who are exploring, starting or expanding a business. Presented in partnership with the U.S. Small Business Administration.

**Workforce Readiness Workshop:** Return to work quickly, ensure your job search success by identifying resources, building a team of people to help you, and being well prepared to clearly communicate your knowledge, abilities, skills, and work experience when you connect with employers who are hiring.

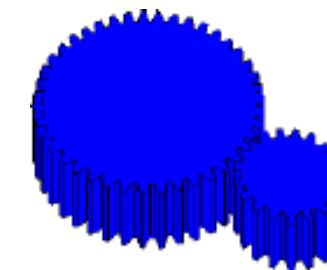
**Work Ready Youth Workshop:** Designed to help you prepare for employment, to achieve success in your new position and to assist you to complete and type a basic résumé. You must attend the entire workshop and complete a résumé to earn a Work Ready Youth (WRY) certificate. **Completion of a Work Ready Youth Certificate is an eligibility requirement for many Youth programs and highly recommended for all programs.**



Connecting Workers and Employers



## Workshop and Events Calendar September 2010



### LAWRENCE (MAIN OFFICE)

HERITAGE PLACE  
439 SOUTH UNION STREET  
BLDG. 2, SUITE 106  
LAWRENCE, MA 01843  
PHONE: (978) 722-7000  
TTY PHONE: (978) 722-7088

#### ALSO AT THIS LOCATION:

UNEMPLOYMENT INSURANCE  
JOB CORPS

#### FACILITY HOURS

M, T, W, TH, F: 8:00 AM - 4:30 PM \*

### HAVERHILL

192 MERRIMACK STREET  
HAVERHILL, MA 01830  
PHONE: (978) 722-7000  
TTY PHONE: (978) 469-7859

#### ALSO AT THIS LOCATION:

UNEMPLOYMENT INSURANCE

#### FACILITY HOURS

M, T, W, TH, F: 8:00 AM - 4:30 PM \*

[WWW.VALLEYWORKS.CC](http://WWW.VALLEYWORKS.CC)

**Please note:** \*The 2nd & 4th Wednesday of each month our locations open at 10:00 am  
\*\* On Tuesday evenings services are limited to workshops or specific appointments.  
You must have a ValleyWorks membership (no cost) & register in advance to access workshops or evening events. Please visit either ValleyWorks location to become a member.

Developing Tomorrow's Workforce

Blue Title Denotes Fee-Based Service



## ValleyWorks Events and Updates

### Career Center Seminar (CCS) information

**Six (6) Sessions offered a week per location  
Lawrence & Haverhill**

To become a ValleyWorks Career Center Member you must attend CCS.

Call 978.722.7076 for the next available CCS session & become a member!

### Upcoming Speakers, Events, and Recruitments

Check our website for the latest details. [www.valleyworks.cc](http://www.valleyworks.cc)

Tuesday, Sep 14 - **PORT CITY Job Fair - 10 am to 1pm - Masonic Hall, 31 Green St, Newburyport, MA**

Visit our website [www.valleyworks.cc](http://www.valleyworks.cc) for the most updated list of Companies attending the Job Fair

**Every Monday - Networking for Professionals** 1:00 pm to 3:30 pm (Contact Membership Desk to enroll)

#### Join us for Networking!

Aug 30 - "Holistic Stress Management for Job Seekers" - Bobbi Courtney, Holistic Psychotherapist, Aura Infusions

Sept 13 - "How to use a Chamber of Commerce in Your Job Search" - Joe Bevilacqua, President & CEO, Merrimack Valley Chamber of Commerce

Sept 20 - "From Branding to Landing to Expanding" - Mira Furth, Learning and Talent Development Consultant

Sept 27 - "An Insider's Guide to Getting the Job" - Dan DeMaioNewton, Director of Strategy & Business Development, Monster Worldwide

**Networking - It is a great way to connect with the unpublished job market.**

Please pre-register by contacting the front desk.

**October 7 - Evening Networking-Thursday, October 7- 5:00 pm to 7:00 pm** Quarterly Evening Networking Event

"Building Resilience: Regaining Your Bounce, Balance and Breath" - Stephanie Legatos, Career Coach, Be Well Partners

Watch [www.valleyworks.cc](http://www.valleyworks.cc) for details

**Job Corps** - Success Last a Lifetime, learn more on Friday, Sep 10 & Friday, Sep 24 at Valley Works Career Center-Lawrence 1:30pm

### Youth Services Events for September

Youth Welcome Sessions: Every Tuesday at 1:00 pm in Lawrence & Every Wednesday at 1:00 pm in Haverhill

For more information on youth events, call our Membership desk at (978) 722-7000.

#### ValleyWorks Workshop Staff

**Workshop Manager** Cindy Key

**Workshop Specialists**

Judy Junker (JJ) & Lillian McGinty (LM)

#### SPLS Monitors

Anthony Abate  
Jessy Abramson  
Pati Beausejour  
Barbara Begin  
Gary Comins  
Sally Coviello  
Tony DiFruscia  
Kathleen Gagnon  
Mariah Germonsen

Judy Junker  
Jim Linnehan  
Lillian McGinty  
Rosina Medina  
Bryhn McLeod  
Endry Matta  
Georgette Moysenko  
Eric Nelson

Maria Payano  
Jaferleen Perez-Arias  
Maria Pichardo  
Lynne Prescott-Hopping  
Carolina Prinziavalli  
Matt Qualter  
Linda Ruiz  
Jayne Rennie  
Elaine Stapinski

**SEPTEMBER  
2010**

M	T	W	T	F	S
		1	2	3	4
6 H	7	8	9	10	11
13 G	14 J	15	16	17	18
20 G	21	22	23	24	25
27 G	28	29	30		

**Key:** See Events and Updates section (above) for specific information on these events.

**R = Recruitment**    **J = Job Fair**    **H = Holiday**  
**G = Guest Speaker**    **S = Special Event**

The ValleyWorks Career Center (VWCC) is a workforce development collaboration of the Department of Training and Development and the Division of Career Services. Chartered by the Merrimack Valley Workforce Investment Board (MVWIB), the VWCC is funded through the Workforce Investment Act; the Commonwealth Corporation; the Division of Career Services; the Department of Workforce Development; the Department of Transitional Assistance; the Department of Labor; the Department of Education and the Commonwealth of Massachusetts. A federal and state-funded center, the VWCC is designed to provide comprehensive services to job seekers and businesses of the Merrimack Valley. The VWCC is an Equal Opportunity Program. Auxiliary aids and services are available upon request to individuals with disabilities.

## Workshop Schedule - September 2010

**NOTE:** You must pre-register for workshops. Contact Membership Desk to register & pay fees (if required). Some workshops require a prerequisite, check course descriptions on back of this catalog (denoted with an\*). Facilitator initials are in parenthesis ( \*\*denotes facilitator To Be Determined). Please call the Membership Desk if registered & you cannot attend. In the event of inclement weather, please call the center 978.722.7000, ext 8888. **Blue Title Denotes Fee-Based Service** Plan to arrive on time for all workshops, late-comers will not be admitted to a workshop session. **ValleyWorks may change the facilitator and reserves the right to cancel any workshop with insufficient enrollment.**

Workshop	Lawrence	Haverhill
ABCs to an Easier Job Search	Wed, Sep 8: 10:00 am - 12:00 pm (LM)	
An Overview to Training	Fri, Sep 3,10,17,24: 9:30 am - 10:30 am **	Fri, Sep 10,17,24: 9:00 am - 10:00 am **
* Cover Letters	Tue, Sep 28: 9:30 am - 11:30 am (JJ)	Thu, Sep 9: 8:30 am - 10:30 am (JJ)
English for Speakers of Other Languages (ESOL) Learn English with Rosetta Stone/Literacy Improvement	Thu, Sep 2,9,16,23,30: 8:30 am - 9:30 am (LM) Fri, Sep 3,10,17,24: 1:00 pm - 2:30 pm**	
* Intermediate MS Excel2007	Tue, Oct 26: 8:45 am - 12:45 pm (JJ/LM)	
* Intermediate MS Word 2007	Tue, Sep 21: 8:45 am - 12:45 pm (LM)	
* Intro to Computers	Tue, Sep 28: 1:30 pm - 3:30 pm (JJ)	Thu, Sep 9: 1:30 pm - 3:30 pm (JJ)
* Intro to MS Excel 2007	Wed, Sep 8: 1:00 pm - 4:00 pm (LM)	
* Intro to MS Word 2007	Tue, Sep 7: 1:30 pm - 3:30 pm (JJ)	Thu, Sep 23: 8:30 am - 10:30 am (JJ)
Insider Information on Popular Jobs	Wed, Sep 22: 10:00 am - 12:00 pm (JJ)	
Interviewing Techniques	Tue, Sep 14: 9:00 am - 11:30 am (LM)	Thu, Sep 30: 1:00 pm - 3:30 pm (JJ)
Job Search Club: <small>ABCs to an Easier Job Search Insider Information on Popular Jobs</small>	Wed, Sep 8: 10:00 am - 12:00 pm (LM) Wed, Sep 22: 10:00 am - 12:00 pm (JJ)	
Learn English with Rosetta Stone	Fri, Sep 3,10,17,24: 1:00 pm - 2:30 pm **	
Marketing Your Maturity		Wed, Sep 8: 10:00 am - 12:00 pm (JJ)
* Microsoft Publisher	Tue, Sep 7: 8:45 am - 12:45 pm (JJ)	
Negotiating Job Offers/Salary		Wed, Sep 22: 10:00 am - 12:00 pm (LM)
Networking for Professionals	Mon, Sep 13: 1:00 pm - 3:30 pm (LM,JJ) Mon, Sep 20: 1:00 pm - 3:30 pm (JJ, LM) Mon, Sep 27: 1:00 pm - 3:30 pm (CK, JJ)	
Online Job Applications	Wed, Sep 21: 1:30 pm - 3:30 pm (LM )	Thu, Sep 30: 8:30 am - 10:30am (JJ)
* Power Point 2007	Tue, Oct 5: 9:00 am - 1:00 pm (LM)	
* Résumé Assistance	Mon, Sep 13,20,27: 8:30 am - 9:30 am**	Thu, Sep 2,9,23,30: 10:55 am - 11:55 am**
* Résumé Basics	Wed, Sep 29: 2:00 pm - 4:00 pm (LM)	Thu, Sep 2: 8:30 am - 10:30am (JJ)
* Résumé Critique	Fri, Sep 3, 17: 11:00 am - 12:00 pm (JJ/CK)	Fri, Sep 10, 24: 1:00 pm - 1:30 pm (LM)
* Résumé Writing Beyond Basics	Wed, Sep 29: 10:00 am - 1:00 am (LM)	Thu, Sep 2: 1:00 pm - 4:00 pm (JJ)
Small Business Administration (SBA) (SBA) Connections That Work	Thu, Sep 2: 10:00 am - 12:00 pm (LM)	
Self-Directed Search    E -Level = R/CP -Level =	Tue, Sep 21: 3:00 pm - 4:15pm (JJ)	Wed, Sep 15: 3:00 pm - 4:15 pm (LM)
Self-Paced Learning Services	Mon, Sep 13,20,27: 9:30 am - 11:30 am** Thu, Sep 2,9,16,23,30: 2:30 pm - 4:30 pm** Fri, Sep 3,10,17,24: 2:30 pm - 4:30 pm**	Tue, Sep 7,14,21,28: 2:30 pm - 4:30 pm** Wed, Sep 8,15,22,29: 2:30 pm - 4:30 pm**
Self-Paced Learning Services Youth	Thu, Sep 2,9,16,23,30: 1:00 pm - 2:30 pm** Fri, Sep 3,10,17,24: 1:00 pm - 2:30 pm**	Tue, Sep 7,14,21,28: 2:30 pm - 4:30 pm** Wed, Sep 8,15,22,29: 2:30 pm - 4:30 pm**
Workforce Readiness Workshop	Fri, Sep 10,24: 10:45 am - 11:45 am**	Fri, Sep 10,17 24: 10:45 am - 11:45 am**
Work Ready Youth Workshop [Part 1 & 2]	Mon, Sep 13: 9:30 am - 12:30 pm (LM)	Mon, Sep 20: 9:00 am - 12:00 pm (LM)