

# Mar 2023

Ready to improve your skills and start on your ideal career?

NYSDOL is offering FREE virtual workshops on resume writing, interviewing, transferable skills and more.

Sign up for a virtual workshop today!

## NYSDOL STATEWIDE VIRTUAL WORKSHOPS

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <a href="#">An Overview of ACCES-VR Services</a> 11 am – 12 pm <a href="#">Fostering Access, Rights, and Equity (FARE) for Women Workers</a> 1 pm – 2 pm <a href="#">Using Age to Your Advantage</a> 1 pm – 2 pm	2 <a href="#">Social Media Featuring LinkedIn</a> 11 am – 12:30 pm <a href="#">Interviewing Techniques</a> 1 pm – 2:30 pm <a href="#">Going to School to Get Back to Work</a> 1 pm – 2 pm	3 <a href="#">Communication Skills</a> 11 am – 12 pm <a href="#">Chat with an Employment Counselor</a> 1 pm – 2 pm
6 <a href="#">Transferable Skills</a> 11 am – 12 pm <a href="#">Managing Job Loss and Moving On</a> 1 pm – 2 pm <a href="#">Writing Effective Cover Letters</a> 1 pm – 2 pm	7 <a href="#">Career Assessment &amp; Exploration</a> 11 am – 12 pm <a href="#">Time Management</a> 11 am – 12 pm <a href="#">Job Search Strategies</a> 1 pm – 2 pm	8 <a href="#">Networking</a> 11 am – 12 pm <a href="#">Spanish: Estrategias para la Entrevista de Trabajo</a> 11 am – 12 pm <a href="#">Exploring JobZone</a> 1 pm – 2 pm	9 <a href="#">Resume Development</a> 11 am – 12 pm <a href="#">Self-Motivation</a> 11 am – 12 pm <a href="#">SNAP Overview</a> 1 pm – 2 pm	10 <a href="#">Chat with an Employment Counselor</a> 11 am – 12 pm <a href="#">Understanding the Federal Bonding Program and Working with a Local Bonding Coordinator</a> 1 pm – 2 pm
13 <a href="#">Give Yourself Credit: SUNY Empire State College Information Session</a> 11 am – 12 pm <a href="#">Using Age to Your Advantage</a> 11 am – 12 pm <a href="#">Learning about Childcare Assistance Program (CCAP) Overview</a> 1 pm – 2 pm	14 <a href="#">Veterans Services and Resources</a> 11 am – 12 pm <a href="#">Civil Service</a> 11 am – 12:30 pm <a href="#">SUNY Micro-Credentials</a> 1 pm – 2 pm	15 <a href="#">Going to School to Get Back to Work</a> 11 am – 12 pm <a href="#">Social Media Featuring LinkedIn</a> 1 pm – 2:30pm <a href="#">An Overview of ACCES-VR Services</a> 1 pm – 2 pm	16 <a href="#">Interviewing Techniques</a> 11 am – 12:30 pm <a href="#">SUNY for All – Online Training Center</a> 1 pm – 2 pm <a href="#">Networking</a> 1 pm – 2 pm	17 <a href="#">Public Speaking</a> 11 am – 12 pm <a href="#">Chat with an Employment Counselor</a> 1 pm – 2 pm
20 <a href="#">Learn New Skills with Coursera</a> 11 am – 12 pm <a href="#">Writing Effective Cover Letters</a> 11 am – 12 pm <a href="#">NYS DOL Training &amp; Supportive Opportunities</a> 1 pm – 2 pm	21 <a href="#">The Power of Positivity</a> 11 am – 12 pm <a href="#">Worker Retention Services for Job Seekers with Disabilities</a> 1 pm – 2 pm	22 <a href="#">Job Search Strategies</a> 11 am – 12 pm <a href="#">Managing Job Loss and Moving On</a> 11 am – 12 pm <a href="#">Career Assessment &amp; Exploration</a> 1 pm – 2 pm	23 <a href="#">Advanced Resume/Skills Based Resume Writing</a> 11 am – 12 pm <a href="#">Spanish: Cómo Superar la Pérdida de su Trabajo</a> 1 pm – 2 pm <a href="#">Transferable Skills</a> 1 pm – 2 pm	24 <a href="#">Chat with an Employment Counselor</a> 11 am – 12 pm
27 <a href="#">Exploring JobZone</a> 11 am – 12 pm <a href="#">Resume Development</a> 1 pm – 2 pm <a href="#">Civil Service</a> 1 pm – 2:30 pm	28 <a href="#">NYS DOL Resources 101</a> 11 am - 12 pm <a href="#">Salary Negotiation</a> 11 am – 12 pm <a href="#">Roadmap to Getting Hired</a> 1 pm – 2 pm	29 <a href="#">Fostering Access, Rights, and Equity (FARE) for Women Workers</a> 11 am – 12 pm <a href="#">Communication Skills</a> 1 pm – 2 pm <a href="#">Public Speaking</a> 1 pm – 2 pm	30 <a href="#">Social Media Featuring LinkedIn</a> 11 am – 12:30pm <a href="#">Interviewing Techniques</a> 1 pm – 2:30 pm	31 <a href="#">Chat with an Employment Counselor</a> 1 pm – 2 pm

**Pre-Registration Required!**  
Click on the name of the workshop to register <https://statistics.labor.ny.gov/career-zone/career-calendar.shtml>

**WE ARE YOUR DOL**

