



CAREER DEVELOPMENT & EXPLORATION **WORKSHOP**



Unsure about your career path? Want to validate a career choice? Whether new to the workforce, returning after some time or looking to get a deeper understanding of your own career interests, this workshop offers something for every job seeker. Explore your work values and personal style, and create a Career Development Profile. Use various tools and career assessments to aid you in putting together the pieces and creating the big career picture that may help chart your career path.

In this workshop, you will:

- Develop a Career Development Profile about yourself, by putting four pieces together: personal factors, career values, personal style, and career interests.
- Conduct a self-assessment of your Career Concerns, including too many interests, being unsure of your qualifications, personal issues, and being unsure of the job outlook as it pertains to you.
- Determine the Career Values important to you, by participating in a Career Values exercise.
- Determine your Career Interests by completing a Self-Directed Job Search assessment tool.
- Define your personal style by completing the Keirseley Temperament Sorter assessment tool.
- Combine your information about Career Concerns & Personal Factors, Career Values, Career Interests, and Personal Style to determine the goals and action planning needed to pursue the career you really want.

To Register for this FREE Workshop, contact the American Job Center Office Nearest You Today



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Willimantic
New London
Norwich

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To learn more about the wide range of workshops available, visit www.ewib.org or www.ct.gov/dol

Note: Not all workshops are available every month. Certain workshops may require a minimum number of participants to avoid cancellation. Please check the monthly calendar for availability.

This program is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities.