

WORKSHOP OVERVIEW

Workers who have lost their jobs or careers will experience some degree of lost confidence. The lack of confidence affects their ability to work through the difficult times of unemployment. It can affect their self-image, their resumé presentation and their ability to interview successfully. Learning how to build back their confidence can be the KEY to acquiring employment. What employer wants to, or is willing to, hire someone who has lost their confidence and does not believe in themselves?

"Thank you! This workshop has provided much needed perspective! I feel empowered."

Hamden, CT

"This workshop was absolutely amazing. Thank you to all who were involved in presenting it, I believe everyone that is unemployed should take this workshop!"

Norwich, CT

"When I signed up, the thought of 4 hours over a 6-hour span sounded like torture. Each session was so engaging they felt like ½-hour blocks."

Bristol, CT

"I can't say any of what was presented was "new", but the whole of it provided necessary insight and actionable perspective."

Dayville, CT



CONFIDENCE MAKEOVER

Rebound and Recover After Job Loss



Information on how to access the ZOOM workshop will be emailed to registered class participants 24 hours prior to the workshop session.

This FREE, two-session 4 hour ZOOM workshop is your personal workbook, with exercises and examples from real-life situations. It will provide practical techniques to build your confidence. Everyone struggles, but if you are willing to build a plan from what you will learn in this class, you WILL gain confidence!

To register for this workshop, contact your local American Job Center office or register online at cthires.com

Danielson AJC 860-774-4077

Montville AJC 860-848-5240

Willimantic AJC 860-450-7603

americanjobcenter®

Eastern CT Workforce Investment Board

WORKSHOP OBJECTIVES

Being unemployed and between careers is one of the most trying times in a person's life. According to the experts, unemployed people experience feelings of hopelessness, grief, anxiety, and loss of confidence. Confidence is especially important in the job search arena. Interviews, cover letters and networking are instances where a lack of confidence can be deadly. This workshop will give some practical confidence tips that can make a significant difference toward becoming a solid candidate for your next job. Specific techniques will be presented to rebuild confidence and realize potential.

"Absolutely wonderful practical and psychological guide for anyone new to the job market or seasoned job seeker and even for people wondering if there is more they can give to or seek from their current job. Positive from beginning to end and delivered by a guide who authentically invested 100% in his audience's/students' success. These are lessons I will carry for life (and will share to inspire others)."

Glastonbury, CT

"Rob was an excellent presenter. He made everyone feel important and definitely was an inspiration to us all. Very valuable and pertinent information during this tough COVID time! Thank you."

New Haven, CT