



Updated: 6/18/2020

- Pre-registration for Workshops is required.
- WorkSource Portland Metro customers can register at www.worksourceportlandmetro.org
- Registered customers will received an email* Zoom invite 24 hours prior to workshop with instructions and a link to access the workshop.
- Computer or Smart phone with internet access is required to participate in virtual workshops.

WorkSource is an equal opportunity employer/program. Auxiliary aids and services, alternate formats and language services are available to individuals with disabilities and limited English proficiency upon request. All services are free of cost. Programs are financed in whole or in part with funds provided through Worksystems, Inc. from the U.S. Department of Labor. To place free relays call in Oregon dial 711.

Workshop Descriptions

Career Exploration: Through various web-based assessment tools and resources, you will explore career options based upon your own workplace values, interests, skills, and the local labor market.

Fast-Track Virtual Series (for women only) Presented by a partnership with Dress for Success Oregon. Looking for a job can feel like an overwhelming task. Join us to learn from the experts how to present yourself to an employer, how to overcome bumps in your employment history and how to organize a job search. Virtual job seeking and remote interviews will be addressed. These combined services are a terrific way to help you get that next job!

Topics:

The job search – Understanding the new employment world and online mediums. Join us as we explore this new world of on-line classes, job searching and communication. This is a judgement free zone where we can all learn and practice being on-line together.

Networking and on-line resources Networking is essential to the job search. Join us to learn more about this topic and how to succeed without needing to meet others in person.

Research and cover letters Research greatly enhances your ability to be competitive in the job search and interview. We will discuss what to research and how to utilize what you learn.

Interviews – What you need to know Interviewing is a learned skill. Let us help you learn skills and tools including those for remote interviews via phone or video.

Health Careers NW (HCNW) Info Sessions: Introduction to the HCNW program (also called HPOG). HCNW provides coaching, training and job placement support to low-income adults interested in a career in healthcare. This information session is for people who are receiving SNAP (food stamps), TANF, or Medicaid. HPOG is a study funded by the federal government being conducted to determine how these training opportunities help people improve their skills and find better jobs. During the study, all new eligible applicants will be selected by lottery to participate in these training opportunities. Not all eligible applicants will be selected to participate.

High Tech Agenda July 2020

7/3 Closed for July 4

7/10 **Kat Doran**- Updates on LinkedIn

7/17 What to be aware of on Pre-recorded video Interviews – Jobscan Youtube

7/24 Answering Difficult Interview Questions

7/31 **Connie Plowman** – Gallop StrengthsFinder

❖ Topics may change without notice depending on guest speaker availability.

WSPM Scholarship Application: Learn about the occupational training funding available through WorkSource Portland Metro. This workshop introduces you to the types of occupational training available and the process for applying for training tuition support. Please note: You must live or work in Multnomah or Washington county in order to be eligible for this support.