

## Advanced registration is required for all workshops.

***Reminder: "No Late Arrivals Allowed"***

You must have an **EASTBAY Works** card to attend workshops.  
(Cards are available free of charge at any **One-Stop Career Center**.)

Activity	Description
<b><i>WIA Orientation</i></b>	Learn about more resources available at no cost to you through the Workforce Investment Act (WIA) program.
<b><i>WIA Application Session</i></b> (*prerequisite: <i>WIA Orientation</i> )	<b>Must</b> have attended WIA Orientation at Newark or Fremont One-Stop. <b>To register</b> , send email to <a href="mailto:newarkonestop@yahoo.com">newarkonestop@yahoo.com</a> regarding interested date. A confirmation will be sent back to you.
<b><i>Exploring Your Career Options with "Choices"</i></b>	Undecided, have many interests, or changing careers? This workshop will lead you to discovery. Fun and informative.
<b><i>Choices Interpretations</i></b> (*Only open to those who previously completed Choices assessment.)	Get the most out of your Choices assessment results. Learn about how your interests, values, and skills relate to the world of work. Get started on labor market research and expand your knowledge of job opportunities.
<b><i>1-1 Counseling</i></b> (*call for appointment)	Sign up for free individual assistance with a career counselor. Learn job search strategies specific to your career goals and get connected to resources. These time slots are limited and fill up quickly, so reserve in advance.
<b><i>Dynamic Resume Workshop</i></b>	Keep those resumes fresh. Build your resume while you learn to optimize your skills and market yourself to employers.
<b><i>Resume Critiques</i></b> (*call for appointment)	Ready to submit your resume to the employer but want a second opinion? Come for a quick resume critique. If your resume is not ready, pls. attend the resume workshop first.
<b><i>Interviewing Workshop</i></b>	Everyone can benefit from this refresher style workshop on interviewing skills. Brush up on existing knowledge and learn some new techniques as well.
<b><i>Intensive Job Search Strategies</i></b>	Got the job seeker blues? Learn about the "hidden job market", and job search techniques that will increase your chances of finding a job. Guaranteed to get you motivated and active!
<b><i>Wonderlic Assessment</i></b> (*By Referral ONLY)	This is mandatory assessment on math and reading skill level for potential WIA clients who do not hold an Associate degree or higher and are requesting training. To sign up for this workshop, <b>you MUST be referred by a WIA case manager</b> .
<b><i>Drop-in Stress Counseling</i></b>	Meet with one of the drop in stress counselors and learn to better manage your job search and the stress associated with being out of work.
<b><i>Special Event!</i></b> <b><i>Find a Way to Deal with Burn-out!</i></b>	Learn how to deal with that Burn Out feeling during this stressful time while navigating your job search.
<b><i>Special Event!</i></b> <b><i>MBTI &amp; Careers</i></b>	Learn how to use the Myers-Briggs Type Indicator® (MBTI®) as a tool to help you understand your personality type, and its implications for your job search strategies and career development.
<b><i>KeyTrain</i></b>	Improve your skills in critical skills required by the employers by attending the KeyTrain Orientation. Afterwards, you will have access to KeyTrain, an on-line training program to obtain the level of skills required by the industry. KeyTrain is designed to help the individual pass the national certification WorkKeys.