

Workshops are held virtually or at 651 Yolanda Avenue, Santa Rosa

BOUNDARIES:

Maintaining personal, professional, and family boundaries is especially difficult when they overlap. Whatever your situation, learn to set boundaries to maintain healthy relationships with time, family, money and more.

COMMUNICATION:

Communication encompasses more than just the word we say. Gain skills that will help you understand different forms of communication and what is appropriate in your job search journey.

DISTANCE LEARNING TIPS FOR PARENTS:

Parents today are faced with the unique task of assisting children in their daily learning. Learn about the tips and tools available to help you help your child.

EFFECTIVE TOOLS FOR ONLINE JOB SEARCH:

Learn effective strategies for keeping your online job search safe, productive, and organized. Learn how to format emails to employers and appropriately label attachments. We will visit websites to help with job search, industry research, upgrading job skills, and company culture.

EMPOWER YOURSELF:

Six steps based on the Six Pillars of Self-Esteem and guided activities will bring you closer to understanding that you are worthy and have the confidence you need to succeed.

GOALS:

Identify and create a plan to reach one goal. Leave feeling confident that you can create additional plans with the steps needed to make progress toward meeting your goals.

GOOGLE DOCS:

Get started using Google Docs to create resumes and other job search-related documents.

PERSONAL ORGANIZATION:

In this workshop, we will be exploring the physical and emotional benefits of home organization. Together we will find the best ways for you to build productive organizational habits that work for you and your family.

INFORMATIONAL INTERVIEWING:

Learn more about how informational interviews can help job seekers gather more information about their chosen career paths, strengthen their marketability, and find hidden jobs.

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NURTURING A GROWTH MINDSET:

A growth mindset embraces the idea that we are a work in progress with the belief that we can learn, grow and improve ourselves in areas of our lives that are important to us. In this workshop, we will discuss the advantages to having a growth mindset and share some tools for nurturing personal growth.

POWER OF POSITIVE SELF-TALK:

What we say to ourselves about ourselves becomes our truth. We will learn about the cycle of self-talk, discuss an effective strategy for letting go of negative self-talk and refocusing our thoughts on what's real.

STRESS MANAGEMENT:

This workshop will go over how to handle stress, and what different kinds of stress can do to you! Take control of stress with the techniques and materials given in the workshop.

TIME MANAGEMENT:

Learn strategies for overcoming procrastination and managing your time effectively.

TIPS FOR STARTING A NEW JOB:

This workshop will go over how you can keep your new job, as well as thrive in it!

VIRTUAL MEETING PLATFORMS:

A brief tutorial of virtual meeting platforms such as Microsoft Teams, Zoom and Google Hangouts.

WELLNESS MATTERS:

Identify and make choices that have a positive impact on your total wellness. Use the Wellness Wheel as a guide to learn what areas of life (mind, body, and spirit) you want to address to support you and your family now and in the future.

WISE DECISIONS:

Learn and identify ways in which you can build upon your critical thinking skills to make better decisions.

YOUR MONEY:

How can you get a handle on spending and create a budget to meet your needs.