



# OhioMeansJobs Trumbull County

## Job Seeker Workshop Schedule

### MARCH 2024

## Job-Seeker Workshop Schedule

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
	<b>Resume Writing</b> March 5 10:00 a.m.  ..... <b>Social Media and the Hidden Job Market</b> - <b>In-demand Jobs</b> March 12 10:00 a.m.	<b>Reducing Stress in the Workplace</b> <i>Virtual</i> March 20 10:00 a.m.	<b>OMJ Center Orientation</b> <i>In-Person</i> March 7 10:00 a.m.  ..... <b>OMJ Center Orientation</b> <i>Virtual</i> March 14 10:00 a.m.  ..... <b>OMJ Center Orientation</b> <i>In-Person</i> March 21 10:00 a.m.  ..... <b>OMJ Center Orientation</b> <i>Virtual</i> March 28 10:00 a.m.	

**Social Media and the Hidden Job Market/In-demand Jobs** - Learn about different ways to look for work you may not have considered including social media, Glassdoor.com, Employer Locator, and Apprenticeships. Also, learn how to navigate OhioLMI.com to find out which jobs are in demand, on the rise, and how much they pay.

**Resume Writing** - Learn the basics of resume writing and leave the class with a completed resume and upload to OhioMeansJobs.com. Please bring your employment history, a job description/job posting (if available or applicable), as well as your most up-to-date resume to this class. A resume is not required to attend, but it is strongly encouraged. You will also learn how to use social media platforms to network, project a professional image, and search for jobs online. (Participants must have basic computer skills and an email address before taking this class.)

**OMJ Center Orientation** - Receive an introduction to the variety of services offered at the OMJ Center. Attendees will learn more about job search assistance, short-term training options, Staff assisted services, referral to partner agencies, career counseling and other services offered through the OhioMeansJobs Trumbull County center.

**Reducing Stress at the Workplace** - Preparing for a Career can be stressful. You may even feel anxious and overwhelmed when faced with the decision of choosing a career path. This anxiety can be caused by a variety of factors, including the fear of failure, the fear of making the wrong decision, and the pressure to succeed. This virtual workshop hosted by Mercy Health will help you learn ways to mitigate stress in the workplace.

For more information, please call (330) 675-2179.

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**OhioMeansJobs**

Trumbull County

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