

Aug 2025

Ready to improve your skills and start on your ideal career?

NYSDOL is offering FREE virtual workshops on resume writing, interviewing, transferable skills and more.

Sign up for a virtual workshop today!

NYSDOL STATEWIDE VIRTUAL WORKSHOPS

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chat with an Employment Counselor 1 pm – 2 pm
4 Using Age to your Advantage 11 am – 12 pm Self- Motivation 11 am – 12 pm Learn New Skills with Coursera 1 pm – 2 pm	5 Public Speaking 11 am – 12 pm Building and Using your LinkedIn Profile 1 pm – 2:30 pm Career Assessment & Exploration 1 pm – 2 pm	6 Coping with Job Loss and Moving On 11 am – 12 pm SNAP Overview 1 pm – 2 pm Evidence of Rehabilitation for Justice-Involved Individuals 1 pm – 2 pm	7 Going to School to Get Back to Work 11 am – 12 pm Job Fair Preparation 11 am – 12 pm Civil Service 1 pm – 2:30 pm	8 Chat with an Employment Counselor 11 am – 12 pm
11 Workforce Scheduler 11 am – 12 pm Interviewing Techniques 11 am – 12:30 pm Resume Development 1 pm – 2 pm	12 NYSDOL Resources 101 11 am – 12 pm Writing Effective Cover Letters 1 pm – 2 pm Salary Negotiation 1 pm – 2 pm	13 An Overview of ACCES-VR Services 11 am – 12 pm Job Search Strategies 11 am – 12 pm Communication Skills 1 pm – 2 pm	14 Networking 11 am – 12 pm SUNY Microcredentials 11 am – 12 pm Transferable Skills 1 pm – 2 pm	15 The Power of Positivity 11 am – 12 pm Chat with an Employment Counselor 1 pm – 2 pm
18 Spanish: Interviewing Techniques 11 am – 12 pm Building and Using your LinkedIn Profile 11 am – 12:30 pm Virtual Career Center 1 pm – 2 pm Upskilling 1 pm – 2 pm	19 Civil Service 11 am – 12:30 pm SUNY UCAWD 1 pm – 2 pm Worker Retention Services for Job Seekers with Disabilities 1 pm – 2 pm	20 Career Assessment & Exploration 11 am – 12 pm Learning about Childcare Assistance Program 1 pm – 2 pm Using Age to your Advantage 1 pm – 2 pm	21 Veterans Services and Resources 11 am – 12 pm Writing Effective Cover Letters 11 am – 12 pm Coping with Job Loss and Moving On 1 pm – 2 pm	22 Chat with an Employment Counselor 11 am – 12 pm
25 Skills Based Resume Writing 11 am – 12 pm Give Yourself Credit: SUNY Empire Information Session 1 pm – 2 pm Job Search Strategies 1 pm – 2 pm	26 Managing Stress during the Job Search 11 am – 12 pm Workforce Scheduler 1 pm – 2 pm Networking 1 pm – 2 pm	27 Cannabis Employment & Education Development (CEED) Information Session 11 am – 12 pm Interviewing Techniques 1 pm – 2:30 pm Disclosure. Talking to Employers About Disability 1 pm – 2 pm	28 Resume Development 11 am – 12 pm NYSDOL Training & Supportive Opportunities 11 am – 12 pm Time Management 1 pm – 2 pm	29 Social Media Strategies 11 am – 12 pm Chat with an Employment Counselor 1 pm – 2 pm

Pre-Registration Required!
Click on the name of the workshop to register <https://on.ny.gov/careercalendar>

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Department
of Labor