

Oct 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 Public Speaking 11 am – 12 pm Self Motivation 11 am – 12 pm Writing Effective Cover Letters 1 pm – 2 pm	2 Resume Development 11 am – 12 pm Going to School to Get Back to Work 11 am – 12 pm Communication Skills 1 pm – 2 pm	3 Chat with an Employment Counselor 11 am – 12 pm
6 Learn New Skills with Coursera 11 am – 12 pm Using Age to your Advantage 11 am – 12 pm Roadmap to Getting Hired 1 pm – 2:30 pm	7 Building and Using your LinkedIn Profile 11 am – 12:30 pm Interviewing Techniques 1 pm – 2:30 pm SNAP Overview 1 pm – 2 pm	8 Career Assessment & Exploration 11 am – 12 pm Avoiding Job Scams 11 am – 12 pm Coping with Job Loss and Moving On 1 pm – 2 pm	9 Transferable Skills 11 am – 12 pm Civil Service 1 pm – 2:30 pm Give Yourself Credit: SUNY Empire Information Session 1 pm – 2 pm	10 Chat with an Employment Counselor 1 pm – 2 pm
13	14 Job Search Strategies 11 am – 12 pm Salary Negotiation 11 am – 12 pm InterviewStream: Interview Prep Tool 1 pm – 2 pm	15 Writing Effective Cover Letters 11 am – 12 pm Veterans Services and Resources 11 am – 12 pm Networking 1 pm – 2 pm	16 Job Fair Preparation 11 am – 12 pm SUNY UCAWD 1 pm – 2 pm Upskilling 1 pm – 2 pm	17 Chat with an Employment Counselor 11 am – 12 pm
20 Time Management 11 am – 12 pm Spanish: Job Search Strategies 11 am – 12 pm Building and Using your LinkedIn Profile 1 pm – 2:30 pm NYS Programs & Protections for Individuals with Justice Involvement Part 1 1 pm – 2 pm	21 NYSDOL Training & Supportive Opportunities 11 am – 12 pm Civil Service 11 am – 12:30 pm Transferable Skills 1 pm – 2 pm	22 Interviewing Techniques 11 am – 12:30 pm Virtual Career Center 1 pm – 2 pm Worker Retention Services for Job Seekers with Disabilities 1 pm – 2 pm	23 Managing Stress During the Job Search 11 am – 12 pm SUNY Microcredentials 11 am – 12 pm Career Assessment & Exploration 1 pm – 2 pm	24 The Power of Positivity 11 am – 12 pm Chat with an Employment Counselor 1 pm – 2 pm
27 Coping with Job Loss and Moving On 11 am – 12 pm Learning about Childcare Assistance Program 1 pm – 2 pm Resume Development 1 pm – 2 pm	28 Networking 11 am – 12 pm Skills Based Resume Writing 11 am – 12 pm Using Age to your Advantage 1 pm – 2 pm	29 Cannabis Employment & Education Development (CEED) Information Session 11 am – 12 pm NYSDOL Resources 101 1 pm – 2 pm Job Search Strategies 1 pm – 2 pm	30 Social Media Strategies 11 am – 12 pm Workforce Scheduler 11 am – 12 pm Communication Skills 1 pm – 2 pm	31 Chat with an Employment Counselor 11 am – 12 pm

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

WE ARE YOUR DOL

