

# Sep 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                                                                                                                                                                                                           | 2                                                                                                                                                                                                                                                         | 3                                                                                                                                                                                                                                                                                                        | 4                                                                                                                                                                                                      | 5                                                                                                                                |
|                                                                                                                                                                                                             | <a href="#">Public Speaking</a><br>11 am – 12 pm<br><br><a href="#">Resume Development</a><br>11 am – 12 pm<br><br><a href="#">Avoiding Job Scams</a><br>1 pm – 2 pm                                                                                      | <a href="#">Communication Skills</a><br>11 am – 12 pm<br><br><a href="#">Going to School to Get Back to Work</a><br>1 pm – 2 pm<br><br><a href="#">Roadmap to Getting Hired</a><br>1 pm – 2:30 pm                                                                                                        | <a href="#">Self Motivation</a><br>11 am – 12 pm<br><br><a href="#">Writing Effective Cover Letters</a><br>11 am – 12 pm<br><br><a href="#">Using Age to your Advantage</a><br>1 pm – 2 pm             | <a href="#">Chat with an Employment Counselor</a><br>11 am – 12 pm                                                               |
| 8                                                                                                                                                                                                           | 9                                                                                                                                                                                                                                                         | 10                                                                                                                                                                                                                                                                                                       | 11                                                                                                                                                                                                     | 12                                                                                                                               |
| <a href="#">Virtual Career Center</a><br>11 am – 12 pm<br><br><a href="#">Building and Using your LinkedIn Profile</a><br>11 am – 12:30 pm<br><br><a href="#">Transferable Skills</a><br>1 pm – 2 pm        | <a href="#">Networking</a><br>11 am – 12 pm<br><br><a href="#">Interviewing Techniques</a><br>1 pm – 2:30 pm<br><br><a href="#">SNAP Overview</a><br>1 pm – 2 pm                                                                                          | <a href="#">An Overview of ACCES-VR Services</a><br>11 am – 12 pm<br><br><a href="#">Learn New Skills with Coursera</a><br>11 am – 12 pm<br><br><a href="#">Coping with Job Loss and Moving On</a><br>1 pm – 2 pm                                                                                        | <a href="#">Job Search Strategies</a><br>11 am – 12 pm<br><br><a href="#">Salary Negotiation</a><br>11 am – 12 pm<br><br><a href="#">NYSDOL Training &amp; Supportive Opportunities</a><br>1 pm – 2 pm | <a href="#">Job Fair Preparation</a><br>11 am – 12 pm<br><br><a href="#">Chat with an Employment Counselor</a><br>1 pm – 2 pm    |
| 15                                                                                                                                                                                                          | 16                                                                                                                                                                                                                                                        | 17                                                                                                                                                                                                                                                                                                       | 18                                                                                                                                                                                                     | 19                                                                                                                               |
| <a href="#">Spanish: Job Search Strategies</a><br>11 am – 12 pm<br><br><a href="#">Workforce Scheduler</a><br>11 am – 12 pm<br><br><a href="#">Resume Development</a><br>1 pm – 2 pm                        | <a href="#">Using Age to your Advantage</a><br>11 am – 12 pm<br><br><a href="#">SUNY UCAWD</a><br>1 pm – 2 pm<br><br><a href="#">Writing Effective Cover Letters</a><br>1 pm – 2 pm                                                                       | <a href="#">Upskilling</a><br>11 am – 12 pm<br><br><a href="#">Give Yourself Credit: SUNY Empire Information Session</a><br>11 am – 12 pm<br><br><a href="#">Career Assessment &amp; Exploration</a><br>1 pm – 2 pm                                                                                      | <a href="#">Civil Service</a><br>11 am – 12:30 pm<br><br><a href="#">SUNY Microcredentials</a><br>1 am – 2 pm<br><br><a href="#">Time Management</a><br>1 pm – 2 pm                                    | <a href="#">Chat with an Employment Counselor</a><br>11 am – 12 pm                                                               |
| 22                                                                                                                                                                                                          | 23                                                                                                                                                                                                                                                        | 24                                                                                                                                                                                                                                                                                                       | 25                                                                                                                                                                                                     | 26                                                                                                                               |
| <a href="#">Learning about Childcare Assistance Program</a><br>11 am – 12 pm<br><br><a href="#">Interviewing Techniques</a><br>11 am – 12:30 pm<br><br><a href="#">Job Search Strategies</a><br>1 pm – 2 pm | <a href="#">Building and Using your LinkedIn Profile</a><br>11 am – 12:30 pm<br><br><a href="#">Worker Retention Services for Job Seekers with Disabilities</a><br>11 am – 12 pm<br><br><a href="#">Coping with Job Loss and Moving On</a><br>1 pm – 2 pm | <a href="#">Cannabis Employment &amp; Education Development (CEED) Information Session</a><br>11 am – 12 pm<br><br><a href="#">Skills Based Resume Writing</a><br>1 pm – 2 pm<br><br><a href="#">Employment Incentives for Govt Jobs: What Job Seekers with Disabilities Need to Know</a><br>1 pm – 2 pm | <a href="#">Transferable Skills</a><br>11 am – 12 pm<br><br><a href="#">Networking</a><br>1 pm – 2 pm<br><br><a href="#">Veteran Services and Resources</a><br>1 pm – 2 pm                             | <a href="#">The Power of Positivity</a><br>11 am – 12 pm<br><br><a href="#">Chat with an Employment Counselor</a><br>1 pm – 2 pm |
| 29                                                                                                                                                                                                          | 30                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                        |                                                                                                                                  |
| <a href="#">Career Assessment &amp; Exploration</a><br>11 am – 12 pm<br><br><a href="#">Managing Stress During the Job Search</a><br>1 pm – 2 pm<br><br><a href="#">Civil Service</a><br>1 pm – 2:30 pm     | <a href="#">NYSDOL Resources 101</a><br>11 am – 12 pm<br><br><a href="#">Social Media Strategies</a><br>11 am – 12 pm<br><br><a href="#">Workforce Scheduler</a><br>1 pm – 2 pm                                                                           |                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                        |                                                                                                                                  |

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

**WE ARE YOUR DOL**



Department  
of Labor