

8:30 a.m. – 4:30 p.m. Monday through Friday
 171 E. State St./Martin Luther King Jr. St.
 Center Ithaca, Suite 241
 Ithaca, NY 14850

Phone: (607) 272-7570 Ext. 118 TTY: (607) 272-3285, Fax: (607) 272-2835
 E-mail: firststop@tompkins-co.org

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 BRIDGING THE GAP WORKSHOP 10:00 a.m. – 12 NOON	5 METRIX Overview 1:00 – 2:00 p.m.	6 Professional Opportunity Developers 9:00 – 11:00 a.m.	7 CORNELL Meet the Employer 1:00 – 3:00 p.m.
10	11 CONQUERING THE INTERVIEW WORKSHOP 9:00 – 11:00 a.m.	12	13	14 MAINES FOOD & PARTY WAREHOUSE Meet the Employer Information Session 10:00 – 11:30 a.m.
17 METRIX Overview 1:00 – 2:00 p.m.	18	19	20 Professional Opportunity Developers 9:00 – 11:00 a.m.	21 ITHACA COLLEGE Meet the Employer Information Session 9:00 – 10:30 a.m.
24	25	26	27 CHALLENGE WORKFORCE SOLUTIONS Open Interviews 9:00 – 11:00 a.m.	28 FIDELIS CARE WORKSHOP 9:00 – 10:30 a.m.
31		<i>LAZY Summer Days</i>		

All workshops are offered at no cost to you and will be held at the One-Stop unless otherwise indicated. However, space is limited and registration is required. Please call (607) 272-7570 Ext. 118, or register at the front desk in advance.

Tompkins Workforce is an Equal Opportunity Employer/Employment Service.

View all New York State Career Center Events at: www.labor.ny.gov then Individuals/JobSeekers/Career Events

AUGUST 2015 WORKSHOP DESCRIPTIONS

Bridging the Gap Workshop about Education, Training, & Career Decisions: Thursday, August 4th, from 10 a.m. – 12 NOON.

Thinking about going to school for a certificate or degree? Are you thinking about training to improve skills or to learn a new skill? Do you need information on what's available locally, who to talk to and how to begin? The Bridging the Gap Workshop will cover what is available locally for training, degree programs, certificates, and funding sources. It will also cover local labor market information to help provide the guidance needed to make such a valuable career decision.

Metrix E-Learning Information Sessions:

Wednesday, August 5th, and Monday, August 17th, from 1 - 2 p.m.

Metrix E-Learning is an online skill and job-related training program that contains over **6,000 courses**.

Courses range in topics from accounting, leadership, healthcare and computer programming, etc. Once registered, customers have accounts with unlimited access for 90 days.

Please Note: This workshop requires a mid-level competency with computers.

If you want to learn basic computer skills, please speak to the counselor on the Resource Desk.

P.O.D. Professional Opportunity Developers:

Thursday, August 6th, and 20th, from 9 - 11 a.m.

Network with people who previously held executive level or highly technical positions.

Cornell University Meet the Employer Session: Friday, August 7th, 1:00 – 3:00 p.m.

A Cornell Human Resources representative will discuss job search tips, application process and overall information about working at Cornell University.

Conquering the Interview Workshop:

Tuesday, August 11th, from 9 – 11 a.m.

Preparing for your job interview can be a challenge. This course will help you overcome this challenge by teaching you how to: research and prepare prior to an interview, what to expect during an interview, how to follow up after an interview, and avoiding common problems.

Maines Food & Party Warehouse Meet the Employer Information Session:

Friday, August 14th, from 10:00 – 11:30 a.m.

Maines Food & Party Warehouse, the retail division of Maines Paper & Food Service, sells restaurant-quality food at warehouse prices to commercial and the general public. There are no membership fees or clubs to join. Maines has several cashier and stocker positions currently available. If you would like to find out more about working in their team environment, sign up to attend their Meet the Employer event.

Ithaca College Meet the Employer Information Session:

Friday, August 21st, from 9 – 10:30 a.m.

Come meet an Ithaca College Human Resource Representative, who will share their application process and the benefits of working at Ithaca College.

Open Interviews with Challenge Workforce Solutions:

Thursday, August 27th, 9:00 – 11:00 a.m.

Challenge Workforce Solutions is a nonprofit vocational services organization that offers opportunities and support services to individuals who face barriers to employment. Challenge is looking for highly motivated career minded individuals to become part of the Challenge team. Challenge staff will be conducting open interviews from 9:00 – 11:00 a.m. Please come to TWFNY prepared to interview. You will be asked to sign in and then interview with the next available staff person.

Fidelis Care - Low Cost Health Insurance Workshop:

Friday, August 28th, 9:00 – 10:30 a.m.

A representative from Fidelis Care will be presenting a workshop on the benefits of Fidelis Care: free or low cost health insurance. Fidelis offers coverage for every age and every stage of life. Child Health Plus up to age 19, Medicaid for low income families and Long Term Managed Care for folks whom require care in their home in order to remain in their home.