

### **Mock Panel Interviews**

Simulated interview practice designed to help develop your skills and be better prepared for the real thing! The panel for these interviews will be made up of WorkSource staff and local business people. Come back as many times as you like! Please have your 60 second commercial prepared.

**Limited to 20 participants.**

### **Family Finance Resource Center**

The Family Finance Resource (FFRC) is a Community Corporation focused on providing access to services that promote financial stability.

**Speaker: Alex Kamaunu, Executive Director  
Family Finance Resource Center**

### **Go2WorkSource.com & Portfolio Review**

Learn how to use the go2worksource.com website and review your job search materials portfolio.

### **Goodwill Training Programs**

Free/Low Cost: Basic Computers, Custodial Skills Set, Office Essentials, Ready to work Retail, Jump Start Young Adult, Warehouse, Logistics and Forklift, etc.

**Speaker: Vashti Langford, Case Manager**

### **Simple & Healthy Eating: Your Basic Guide to Improving Your Plate**

Do you want to eat healthy, but don't know when to start?

Does nutrition information in the media confuse you?

Then come to this class and learn how to eat healthy without counting every calorie and every gram. Simple and Healthy Eating will teach you the basics to good nutrition and the skills to achieve those basics without having to take many hours out of your busy work day.

**Speaker: John Schapman, MS. RD. CSCS  
Wellness Services Specialist  
Peacehealth**

### **Developing Effective Oral and Written Communication Skills**

"I've survived just fine without bothering about grammar, it doesn't matter."

*Are you quite sure about that?*

In one survey of hiring managers, 75 percent said it was worse for an applicant to have a spelling or grammar error on his application than for him to show up late or—get this—swear during an interview!

### **Money Smart**

Bank on it & Pay Yourself, Borrowing Basics & Loan to Own, Check it Out, Money Matters, To Your Credit & Charge it Right, Financial Recovery, Keep it Safe, Your Own Home and Renter Rights.

### **Networking:**

#### **How to Tap the Hidden Job Market**

60% or more of all jobs are filled without ever being advertised, through some sort of networking. Learn how to identify and expand your network & to use this powerful strategy to amp up YOUR job search!

### **Body Language**

#### **The Third Dimension: Non Verbal Communication**

Explore ways we communicate without speaking. Learn to recognize non verbal communication. Consciously use it to your advantage in job interviews...and the rest of your life!

### **Computer Basics**

Learn the basic components of the computer and practice or enhance your skills using the keyboard, mouse and other hardware.

Understand basic computer navigation and start using Microsoft Word.

If you are a new or a not-so-new computer user who wants to learn and practice skills in a small classroom environment, this class is for you.

**Instructor: William Carnahan, Goodwill Services**