

# **CONFIDENCE MAKEOVER**

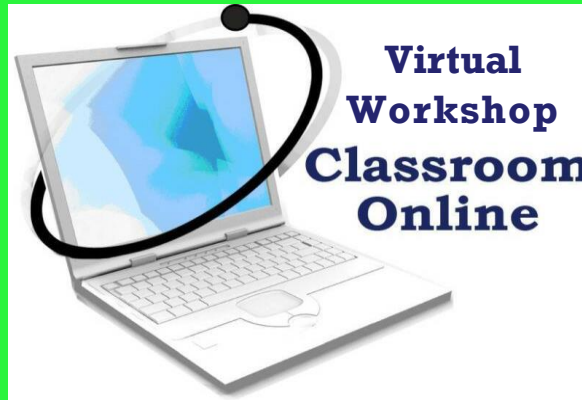
## **Rebound and Renew After Job Loss**

### **WORKSHOP OVERVIEW**

Workers who have lost their jobs or careers due to Covid-19 factors will experience some degree of lost confidence. The lack of confidence affects their ability to work through the difficult times of unemployment. It can affect their self-image, their resumé presentation and their ability to interview successfully. Learning how to build back their confidence can be the KEY to acquiring employment. What employer wants to, or is willing to, hire someone who has lost their confidence and does not believe in themselves?

### **WORKSHOP OBJECTIVES**

Being unemployed and between careers is one of the most trying times in a person's life. To have that caused by a world wide pandemic can double the individual impact. According to the experts, unemployed people experience feelings of hopelessness, grief, anxiety and loss of confidence. Confidence is especially important in the job search arena. Interviews, cover letters and networking are instances where a lack of confidence can be deadly. This workshop will give some practical confidence tips that can make a significant difference toward becoming a solid candidate for your next job. Specific techniques will be presented to rebuild confidence and realize potential.



**Information on how to access the ZOOM workshop will be emailed to registered class participants 24 hours prior to the workshop session.**

### **THE 5 C'S OF CONFIDENCE**

- Communication
- Commitment
- Competence
- Contribution
- Courage

**This FREE, two session ZOOM workshop is your personal workbook, with exercises and examples from real life situations. It will provide practical techniques to build your confidence. Everyone struggles, but if you are willing to build a plan from what you will learn in this class, you WILL gain confidence!**

### **THE 4 A'S OF CONFIDENCE**

- Acknowledge
- Ask
- Act
- Appreciate

**To register for this workshop, contact your local American Job Center office or register on line at [cthires.com](http://cthires.com)**

<b>Danielson AJC</b>	<b>860-774-4077</b>
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