



For Immediate Release
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Iowa Workforce Development January Career Workshops

Mason City Workforce Development will be closed January 1, 2009 (New Year's) and January 19, 2009 (Martin Luther King Day)

MASON CITY, IOWA—The Workforce Development Partnership is offering career planning workshops and services during January. All events are being held in Mason City at the local Workforce Development Center, 600 S. Pierce Avenue, Mason City, Iowa 50401 at no fee. Workshop dates and topics are:

January 5-9: Workplace Essentials, 8:30 a.m.-3:00 p.m. - This 5 day workshop will cover Assessment and Learning Styles, Emotional Smarts (EQ), Informed Thinking, Communication, the Culture of Work, and Balancing Work and Family. For more information and/or to register please call Jerry at (641) 422-1502.

January 15: Coping With Change Workshop, 10 a.m.-12 p.m. - During this 2 hour workshop participants will be provided with information and methods for dealing with change related to unemployment. Workshop topics include change zones, unemployment blues, managing stress, family concerns, and self esteem and support. For additional information and/or to register please call Mila at (641) 422-1525, or (800) 392-2230 ext 525.

January 16: Budgets and Finance, 9 a.m.-12 p.m. - This 3 hour workshop will provide participants with information regarding: community resources, reviewing your finances, working with creditors, health insurance, and unemployment insurance. For additional information and/or to register please call Mila at: (641) 422-1525 or (800) 392-2230 ext 525.

January 20: Assessment, 9 a.m.-3 p.m. - This day includes an interest inventory and aptitude test to help participants decide which career track to pursue. To register call Janice at (641) 422-1515.

January 21-23: Your Successful Job Search (Job Seeking Skills), 9 a.m.-3 p.m. - Three days will be spent on developing résumés, filling out applications and brushing up on interviewing skills. Call Jerry at (641) 422-1502 to register.

GED and Adult Basic Education classes are available from 8 a.m.-noon, Monday through Friday. There is no fee and no registration.

The Mason City Workforce Development Center has a Resource Center that is open Monday, 8 a.m.-6 p.m. and Tuesday-Friday, 8 a.m.-4:30 p.m. Staff is available to direct customers to computer software, publications and Internet sites to help them research careers, schools, communities, and obtain information regarding current workforce trends. Call Mila at (641) 422-1525 for additional information.

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