

Jan 2026

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
				Chat with an Employment Counselor 11 am – 12 pm
5	6	7	8	9
Networking 11 am – 12 pm	Upskilling 11 am – 12 pm	Workforce Scheduler 11 am – 12 pm	Resume Development 11 am – 12 pm	Chat with an Employment Counselor 1 pm – 2 pm
InterviewStream: Interview Prep Tool 1 pm – 2 pm	Writing Effective Cover Letters 11 am – 12 pm	Using Age to Your Advantage 11 am – 12 pm	NYSDOL Resources 101 1 pm – 2 pm	
Self-Motivation 1 pm – 2 pm	Coping with Job Loss and Moving On 1 pm – 2 pm	Communication Skills 1 pm – 2 pm	SNAP Overview 1 pm – 2 pm	
12	13	14	15	16
Learning about Childcare Assistance Program (CCAP) 11 am – 12 pm	Networking 11 am – 12 pm	Civil Service 11 am – 12:30 pm	SUNY University Center for Academic and Workforce Development (UCAWD) 11 am – 12 pm	Chat with an Employment Counselor 11 am – 12 pm
Spanish: Job Search Strategies 11 am – 12 pm	NYS Programs and Protections for Individuals with Justice Involvement 11 am – 12 pm	Career Assessment & Exploration 1 pm – 2 pm	Job Search Strategies 1 pm – 2 pm	Avoiding Job Scams 1 pm – 2 pm
Time Management 1 pm – 2 pm	Interviewing Techniques 1 pm – 2:30 pm	Veterans Services and Resources 1 pm – 2 pm	Transferable Skills 1 pm – 2 pm	
Building and Using your LinkedIn Profile 1 pm – 2:30 pm				
19	20	21	22	23
	Going to School to get Back to Work 11 am – 12 pm	Coping with Job Loss and Moving On 11 am – 12 pm	Building and Using your LinkedIn Profile 11 am – 12:30 pm	The Power of Positivity 1 pm – 2 pm
	Skills Based Resume Writing 11 am – 12 pm	Reasonable Accommodation: It's Easier than You Think 11 am – 12 pm	SUNY Microcredentials 11 am – 12 pm	Chat with an Employment Counselor 1 pm – 2 pm
	Using Age to Your Advantage 1 pm – 2 pm	Resume Development 11 am – 12 pm	Writing Effective Cover Letters 1 pm – 2 pm	
26	27	28	29	30
Job Search Strategies 11 am – 12 pm	Interviewing Techniques 11 am – 12:30 pm	Cannabis Employment & Education Development (CEED) Information Session 11 am – 12 pm	Transferable Skills 11 am – 12 pm	Chat with an Employment Counselor 11 am – 12 pm
Learn New Skills with Coursera 11 am – 12 pm	Roadmap to Getting Hired 1 pm – 2:30 pm	Career Assessment & Exploration 11 am – 12 pm	Give Yourself Credit: SUNY Empire Information Session 1 pm – 2 pm	Salary Negotiation 1 pm – 2 pm
Civil Service 1 pm – 2:30 pm	Public Speaking 1 pm – 2 pm	Networking 1 pm – 2 pm	Virtual Career Center 1 pm – 2 pm	
Worker Retention for Job Seekers with Disabilities 1 pm – 2 pm				

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



**Department
of Labor**

WORKING FOR YOU