

Stress Management: Detailed look at causes of stress & strategies to overcome. Stress Less Thinking Critically: Become better thinkers. Build analytical skills/determine info validity Excel for Beginners: Intro to Excel that covers basics functions: formatting,formulas, & more. Excel for Business Professionals: Workshop intro to spreadsheet features including sorting, formatting,filtering & basic formulas.

EXCEL ADVANCED-DATA VALIDATION: Next level look at VLOOKUP, WEEKDAY, SUMIFS, "absolute vs relative" cells & data validation. EXCEL ADVANCED-PIVOT TABLES: In-depth review of PivotTable construction & use. PROFESSIONAL FIRST IMPRESSIONS: Use of time management, appearance, words & body language for a good first impression. JOB SEARCH SUPPORT: Drop-in space for students to meet with GS Instructor on questions regarding job searches, applying for jobs oniline, resumes and resources



LEARN. GROW. SUCCEED.

## **PRODUCTION ASSISTANT TRAINING**

REGISTER ONLINE FOR 2-DAY TRAINING EVENT goodwillnm.org/production-assistant-training.html Our 2 day training session helps you improve your odds of successfully finding an entry-level Production Assistant job on a New Mexico Film or Television Production

> APRIL 27TH & APRIL 28TH 9:00 AM - 5:00 PM

COMMUNITY RESOURCE FAIR ARE YOU NEEDING ASSISTANCE? In-person access to local resources for food, housing, shelter, clothng, medical, mental health, employment & MORE! APRIL 4TH @ 5000 SAN MATEO BLVD NE 1:00 PM - 4:00 PM Career Compass Employment Skills Series: N/Career Exploration:Explore career interests, identify skills,analyze potential jobs via SWOT E/Resume & Applying: Create/improve resume and learn how to apply to jobs online S/Interview & Soft Skills: Best practices in interviewing & professional communication W/Your New Job:Building relationships,a good attitude, knowledge & behavior skills at work

COMPUTER BASICS: Basic parts of computer like buttons,ports,hardware,software,OS etc COMPUTER PRACTICE: Workshop for online search,email,Microsoft/Google Apps, create & upload files. Take class multiple times! MICROSOFT WINDOWS-FILE EXPLORER: Learn to navigate Windows OS and how to download,upload,save,organize & find files. INTERNET BASICS: What is internet,search engine,browser,online safety & email basics MONEY MANAGEMENT:Financial literacy class on paychecks,budgets,expenses & credit