

SAVE THE DATES

# CALWORKS BELIVE SPRING 2024 WORKSHOPS

**Career Readiness Workshops:** Tuesday, February 13th & Tuesday, April 9th

**Holistic Approach Workshops:** Wednesday, February 21st, March 20th, April 17th, & May 15th

**Time for all workshops:** 12:00 PM to 1:30 PM.

**Location for all workshops:** MS- 140.

## February

### "Crafting Your Future: Mastering Resume"

- **Date:** February 13th, 2024
- **Description:** Dive into the art of creating compelling resume that make you stand out. This workshop offers personalized guidance and insider tips to boost your career readiness, ensuring your first impression becomes your best one.

### "Unleashing Potential: The Power of Holistic Living"

- **Date:** February 21st, 2024 (Kickoff Motivation Speech)
- **Description:** Embark on a journey to unlock your full potential. This motivational session introduces the principles of holistic living, inspiring you to embrace a well-rounded approach to personal success and well-being.

## March

### "The Ultimate Morning Blueprint: Crafting a Day for Success"

- **Date:** March 20th, 2024
- **Description:** Discover the secrets of a transformative morning routine tailored to create the ultimate version of you. This workshop provides practical insights into starting your day with purpose, setting a positive tone for success and personal growth.

## April

### "The Interview Game Changer: Strategies for Success"

- **Date:** April 9th, 2024
- **Description:** Transform your interview skills with proven strategies and practical exercises. Learn how to confidently articulate your strengths and experiences, turning every interview opportunity into a step towards your dream career.

### "Habit Revolution: Forming the Good, Releasing the Bad"

- **Date:** April 17th, 2024
- **Description:** Explore effective formulas for building life-enhancing habits while releasing those that hold you back. Gain tools and strategies for sustainable habit change, empowering you to reshape your life one habit at a time.

## May

### "Visionary Living: From Dreams to Reality"

- **Date:** May 15th, 2024
- **Description:** Learn the transformative power of vision boards in turning your dreams into actionable goals. This interactive session guides you through the creative process of vision boarding, helping you visualize and manifest your desired future.

CalWORKs Presenters



Mariam Menn  
CalWORKs Counselor  
Coordinator



Fabiola Beck-Threats  
CalWORKs Counselor



SAN DIEGO  
CITY COLLEGE

The CalWORKs workshops are designed to provide supplemental information that will help you in all areas of your life. We highly encourage that you attend.

To RSVP  
Contact us:  
cwkfd@sdccd.edu  
(619) 388-3797

Lunch and transportation assistance in the form of a \$25 gas card will be provided to eligible students who attend.