

## Training Opportunities

**Resumes for Interviews** – This workshop provides practical assistance in preparing and/or updating your resume. For registration and additional information, visit [http://www.hreo.ku.edu/training/info/course\\_details/99](http://www.hreo.ku.edu/training/info/course_details/99).

**Interviewing with Confidence** – This workshop provides assistance in interview preparation, skill enhancement techniques, etc. Registration and a full course description are available at [http://www.hreo.ku.edu/training/info/course\\_details/95](http://www.hreo.ku.edu/training/info/course_details/95).

**An Introduction to Career Mapping** – Take control of your own career by learning how to develop your own career plan. This workshop will assist you in learning techniques on how to think strategically about your professional aspirations and evaluating your accomplishments against targeted objectives [http://www.hreo.ku.edu/training/info/course\\_details/103](http://www.hreo.ku.edu/training/info/course_details/103).

**Quantum Change** – Quantum change can be defined as a transformative turning point that can stimulate new insight and learning. Sudden or dramatic change can trigger quantum changes in self perception and environment. Navigating quantum change requires individuals to be open to radically different ways of being and working. Explore the experiences of quantum change and learn the tools and strategies necessary to move through the process of personal and organizational transformation [http://www.hreo.ku.edu/training/info/course\\_details/102](http://www.hreo.ku.edu/training/info/course_details/102).

**Coping with Change Panel Discussion** – Overwhelmed by change occurring with work or at home? Join a discussion with a panel of local experts that will answer questions and discuss your concerns on the topics of change, stress and wellness [http://www.hreo.ku.edu/training/info/course\\_details/104](http://www.hreo.ku.edu/training/info/course_details/104).

**Career Connections** - Job Club meets every Monday, 7:00 pm – 8:30 at St Margaret’s Church, 5700 W 6<sup>th</sup> Street, (785)865-5777. The group is facilitated by Susan Wade, Director of the Career Development Center at Baker University and John Wade, a Psychologist at Counseling and Psychological Services at KU. The group focuses on practical job seeking skills, networking, and coping skills and support. The job club is open to anyone in the community who has lost or is worried about losing a job. For more information, contact Susan Wade at [susanwade@sunflower.com](mailto:susanwade@sunflower.com) or John Wade at [jwade@ku.edu](mailto:jwade@ku.edu).

### Additional Information:

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- [http://www.hreo.ku.edu/policies\\_procedures/termination/uss\\_layoff](http://www.hreo.ku.edu/policies_procedures/termination/uss_layoff)
- [http://www.hreo.ku.edu/policies\\_procedures/termination/ups\\_non\\_reappointment](http://www.hreo.ku.edu/policies_procedures/termination/ups_non_reappointment)