



The Connecticut Career Counseling and Development Association (CCCDA) presents:

A mini-conference: Career Planning Challenges and Resources

Wed., Nov. 3; 9:00 a.m.-12:30 p.m. on Zoom

The conference schedule:

9:00-9:15 a.m. Sign on and welcome

9:15-10:15 a.m. Workshop #1: Interventions for Anxious and Depressed Job Seekers: When Career Information is Not Enough - Presenter: LaRae Jome, Ph.D., LP, Work-Life Directions, PLC
Job seekers who are anxious or depressed can have difficulty taking action in their job search, even when provided with excellent career guidance. This program will discuss theory-based techniques and interventions that career professionals can use with anxious and depressed job seekers to increase their sense of hope and ability to take action.

10:15-10:30 a.m. Break

10:30-11:30 a.m. Workshop # 2: Helping Clients Cope with Bias During the Job Search Process - Presenter: Lakeisha M. Mathews, Director, Career & Professional Development Center, University of Baltimore; President-elect of NCDA

As colleges and workplaces become increasingly diverse, more students and clients are expressing anxiety about how their diversity variables impact their ability to obtain gainful employment. This session will provide insights and techniques for providing strengths-based career coaching to help ease clients anxieties and fears regarding the presentation of their cultural identities to employers. In addition, tips and strategies will be discussed for addressing bias in the job search including: developing a résumé, writing a cover letter, interviewing, accepting a job offer, and negotiating a salary. Techniques will be presented to help career development professionals become effective social justice agents who can assist clients with managing the impact of diversity variables on hiring practices along with educating and challenging workplace recruitment practices that hinder building a diverse workforce.

11:30-11:45 a.m. Break

11:45-12:30 p.m. Workshop #3: Practical Career Development Resources: A Colorful Tour of the new NCDA Website - Presenter: Melanie A. Reinersman, M.A., NCDA Website Editor

How easy is it to integrate practical resources into daily work? NCDA offers practical resources that can assist you in inspiring and empowering your clients/students. The only problem might be identifying these resources when you most need them. Here is your expert guide to NCDA resources, specifically the newly updated NCDA website, with loads of hints on how to apply these in your daily work.

To register for the mini-conference, click on the link here (or use the link in the e-mail you were sent):

<https://www.eventbrite.com/e/ccdda-mini-conference-career-planning-challenges-and-resources-tickets-170051144551>

The Zoom sign-in information will be e-mailed to all registrants on November 1st

Mini-conference Fees:

CCCDA member: \$35	NCDA member: \$35	Member of New England CDAs: \$305
CCA member: \$35	Student/Retiree: \$25	Non-member: \$40

Registration deadline Nov. 1!

Earn 2.45 NCDA CEs for the workshop

2.45 clock hours may be awarded for the mini-conference if all three workshops are attended in their entirety and attendees complete an evaluation for each workshop.

CCCDA is a chartered State Branch of the National Career Development Association