

A Job Seeker Speaks about her Experience

By: Terri Ference

At the end of July 2009, I was laid off from a small company due to lack of work. Even when you know that a lay off is inevitable, it still causes anxiety and a loss of confidence. For some of us it is hard enough to “sell” yourself to prospective employers when your confidence is high...when it’s low...it is like torture.

I started coming to RochesterWorks! as soon as I was able and dived right into the varied offerings of workshops, counseling and networking activities. I can’t say enough about the staff at RochesterWorks! They taught me how I needed to “market” myself in this very different job market. I found the professional series of workshops to be especially beneficial as I worked to prepare my 45 second commercial, a resume that would stand out and my SCAR stories...With the help of Christine (my individual career counselor) and Annie (trainer extraordinaire who teaches the professional series of workshops), I slowly started to gain my confidence back and was able to join the Job Network at RochesterWorks! where I not only received help from the staff but from the other folks who were looking for a job as well. The willingness of the other job seekers to help each other was heartwarming...I will miss my networking group!

I start my new job on March 15th and this morning was the first morning since I was laid off that I did not start my day by looking for a job. It is a good feeling and I have RochesterWorks! to thank for helping me get to where I am today.

Take advantage of the opportunities afforded to Rochester residents at RochesterWorks!...whether you are out of work, changing careers or just want to explore the possibilities...they are a great source of information and training. They care and it shows!