



When you're trying to rebuild your life after experiencing a significant setback, you need all the help you can get. And, while unexplained gaps in your resumé may seem like a major barrier to creating a new life, all too often the biggest roadblock is your own lack of belief in yourself and your ability to make a fresh start.

At TBICO, we focus on what you can do, not what you might have done in the past. Job and career coaching is all about you. Instead of thinking about the holes in your life, we encourage you to think about where you want to go. There are people and agencies waiting to help you get a new start and TBICO is one of them.

Call us at 203-743-6695 ext 100

Or email us at info@tbicoworks.org

What's behind you doesn't matter.

Enzo Ferrari



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Interview Skills

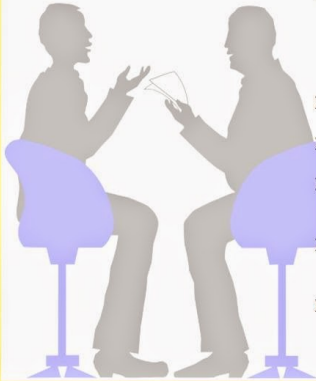
Just like any sport or skill, you need to practice interview skills so that you will be ready to do your best.



TBICO's 30-minute mock interview sessions mirror an actual job interview, giving you the opportunity to practice what to say and what to do during an interview and get feedback.

Work one-to-one with an HR professional who will guide you in crafting your best responses to questions like *tell me about yourself* and *why should we hire you*.

THE BENEFITS OF A MOCK INTERVIEW



- Learning how to prep for an interview
 - Dressing professional
 - Bringing a copy of your resume
 - Arriving on time
- Practicing how to answer the "Tell Me About Yourself?" question
- Getting exposure to industry specific questions
- Becoming more comfortable answering your questions using the S.T.A.R. Method
- Receiving feedback and critiques that will better prepare you for your real interview
- Gaining an overall sense of confidence with the interviewing process

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JOB SEARCH & CAREER COACHING

Work one-on-one with a job coach who can help you prepare and pursue your employment and career goals.

TBICO's Job Readiness Coach will help you with the following activities and continue to be available throughout your job search so you can feel confident you are positioned for success!

- ◇ Create a professional email account so you don't miss a potential employer's message.
- ◇ Develop a resume that can be tailored to fit a variety of job postings.
- ◇ Pre-fill an application so you have the information easily available.
- ◇ Identify, locate, or replace documents you will need for employment.
- ◇ Upload your resume on job search sites so employers can find you.
- ◇ Set up alerts so you know when the jobs you want are posted.
- ◇ Tips for job searching on a Smartphone
- ◇ Mock interviews will prepare you to be confident when it's the real thing.
- ◇ Connect with free training so you can expand your skills and job options.



THE JOB SEARCH TEAM

Wednesdays @ 10 AM

Job searching is not an easy task and it is especially hard if you are doing it on your own!

TBICO's job search team will help you ride the ups and downs of searching for employment.

Whether you want help staying on track with your job search, advice on how to start looking for a job, or how to move ahead in today's job market, this might be a good place to start.

The Job Search Team meets on Wednesday mornings at 10 AM.

Contact TBICO

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