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## Get focused Get skilled Get hired

About the Workshops

Our workshops, Mind over Matters and Career Quest, are here to give you the tools to get you and your brain ready for all things that may come your way when you step into the workforce, want to start a new career, or you're just wanting to brush up on your resume.

Join us in learning how to increase your confidence, talk "tough stuff" with employers, and how to set and achieve your goals.

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### Mind over Matters

Learn how our beliefs influence our behaviors



Schedule

Workshops occur monthly, to view the schedule please visit our website, and to register please give us a call.

Career Quest

Find your strengths to be a stand out candidate





