

SOAR WORKSHOPS

Get focused. Get skilled. Get hired.



MIND OVER MATTERS

- ELIMINATE INTERNAL BARRIERS
- DISCOVER YOUR LEARNING & COMMUNICATION STYLES
- CHALLENGE THINKING & COMFORT ZONES
- SET REACHABLE GOALS



CAREER QUEST

- MARKET YOUR STRENGTHS TO EMPLOYERS
- HOW TO TALK 'TOUGH STUFF' WITH EMPLOYERS
- RESUMES, COVER LETTERS, & APPLICATIONS
- DO'S AND DON'TS TO GET YOU THE JOB



GIFT CARD INCENTIVES WITH ON-RAMP

- Completion of CASAS (Reading & Math Testing): \$25
- Completion of Mind Over Matters & Financial Literacy: \$25
- Completion of Career Quest & Career Pathways: \$25



2022-2023 WORKSHOP CALENDAR

	Mind Over Matters	Career Quest
October 2022	October 3: 11:00 a.m. - 4:00 p.m. October 4: 11:00 a.m. - 4:00 p.m. October 5: 11:00 a.m. - 3:00 p.m. October 6: 11:00 a.m. - 3:00 p.m.	October 10: 11:00 a.m. - 4:00 p.m. October 11: 11:00 a.m. - 4:00 p.m.
November 2022	November 7: 8:30 a.m. - 1:30 p.m. November 8: 8:30 a.m. - 1:30 p.m. November 9: 8:30 a.m. - 12:30 p.m. November 10: 8:30 a.m. - 12:30 p.m.	November 14: 8:30 a.m. - 1:30 p.m. November 15: 8:30 a.m. - 1:30 p.m. November 16: 8:30 a.m. - 12:30 p.m. November 17: 8:30 a.m. - 12:30 p.m.
December 2022	December 5: 11:00 a.m. - 4:00 p.m. December 6: 11:00 a.m. - 4:00 p.m. December 7: 11:00 a.m. - 3:00 p.m. December 8: 11:00 a.m. - 3:00 p.m.	December 12: 11:00 a.m. - 4:00 p.m. December 13: 11:00 a.m. - 4:00 p.m. December 14: 11:00 a.m. - 3:00 p.m. December 15: 11:00 a.m. - 3:00 p.m.
January 2023	January 3: 8:30 a.m. - 1:30 p.m. January 4: 8:30 a.m. - 1:30 p.m. January 5: 8:30 a.m. - 12:30 p.m. January 6: 8:30 a.m. - 12:00 p.m.	January 9: 8:30 a.m. - 1:30 p.m. January 10: 8:30 a.m. - 1:30 p.m. January 11: 8:30 a.m. - 12:30 p.m. January 12: 8:30 a.m. - 12:30 p.m.
February 2023	February 6: 11:00 a.m. - 4:00 p.m. February 7: 11:00 a.m. - 4:00 p.m. February 8: 11:00 a.m. - 3:00 p.m. February 9: 11:00 a.m. - 3:00 p.m.	February 13: 11:00 a.m. - 4:00 p.m. February 14: 11:00 a.m. - 4:00 p.m. February 15: 11:00 a.m. - 3:00 p.m. February 16: 11:00 a.m. - 3:00 p.m.
March 2023	March 6: 8:30 a.m. - 1:30 p.m. March 7: 8:30 a.m. - 1:30 p.m. March 8: 8:30 a.m. - 12:30 p.m. March 9: 8:30 a.m. - 12:30 p.m.	March 13: 8:30 a.m. - 1:30 p.m. March 14: 8:30 a.m. - 1:30 p.m. March 15: 8:30 a.m. - 12:30 p.m. March 16: 8:30 a.m. - 12:30 p.m.
April 2023	April 3: 11:00 a.m. - 4:00 p.m. April 4: 11:00 a.m. - 4:00 p.m. April 5: 11:00 a.m. - 3:00 p.m. April 6: 11:00 a.m. - 3:00 p.m.	April 10: 11:00 a.m. - 4:00 p.m. April 11: 11:00 a.m. - 4:00 p.m. April 12: 11:00 a.m. - 3:00 p.m. April 13: 11:00 a.m. - 3:00 p.m.
May 2023	May 1: 8:30 a.m. - 1:30 p.m. May 2: 8:30 a.m. - 1:30 p.m. May 3: 8:30 a.m. - 12:30 p.m. May 4: 8:30 a.m. - 12:30 p.m.	May 8: 8:30 a.m. - 1:30 p.m. May 9: 8:30 a.m. - 1:30 p.m. May 10: 8:30 a.m. - 12:30 p.m. May 11: 8:30 a.m. - 12:30 p.m.

2022-2023 WORKSHOP CALENDAR

Mind Over Matters

Career Quest

June 2023

June 5: 11:00 a.m. – 4:00 p.m.
 June 6: 11:00 a.m. – 4:00 p.m.
 June 7: 11:00 a.m. – 3:00 p.m.
 June 8: 11:00 a.m. – 3:00 p.m.

June 12: 11:00 a.m. – 4:00 p.m.
 June 13: 11:00 a.m. – 4:00 p.m.
 June 14: 11:00 a.m. – 3:00 p.m.
 June 15: 11:00 a.m. – 3:00 p.m.

July 2023

July 10: 8:30 a.m. – 12:30 p.m.
 July 11: 8:30 a.m. – 12:30 p.m.
 July 12: 8:30 a.m. – 12:30 p.m.

July 17: 8:30 a.m. – 12:30 p.m.
 July 18: 8:30 a.m. – 12:30 p.m.
 July 19: 8:30 a.m. – 12:30 p.m.

August 2023

August 7: 12:00 p.m. – 4:00 p.m.
 August 8: 12:00 p.m. – 4:00 p.m.
 August 9: 12:00 p.m. – 4:00 p.m.

August 14: 12:00 p.m. – 4:00 p.m.
 August 15: 12:00 p.m. – 4:00 p.m.
 August 16: 12:00 p.m. – 4:00 p.m.

September 2023

September 5: 8:30 a.m. – 12:30 p.m.
 September 6: 8:30 a.m. – 12:30 p.m.
 September 7: 8:30 a.m. – 12:30 p.m.

September 11: 8:30 a.m. – 12:30 p.m.
 September 12: 8:30 a.m. – 12:30 p.m.
 September 13: 8:30 a.m. – 12:30 p.m.

October 2023

October 2: 12:00 p.m. – 4:00 p.m.
 October 3: 12:00 p.m. – 4:00 p.m.
 October 4: 12:00 p.m. – 4:00 p.m.

October 9: 12:00 p.m. – 4:00 p.m.
 October 10: 12:00 p.m. – 4:00 p.m.
 October 11: 12:00 p.m. – 4:00 p.m.

November 2023

November 6: 8:30 a.m. – 12:30 p.m.
 November 7: 8:30 a.m. – 12:30 p.m.
 November 8: 8:30 a.m. – 12:30 p.m.

November 13: 8:30 a.m. – 12:30 p.m.
 November 14: 8:30 a.m. – 12:30 p.m.
 November 15: 8:30 a.m. – 12:30 p.m.

December 2023

December 4: 12:00 p.m. – 4:00 p.m.
 December 5: 12:00 p.m. – 4:00 p.m.
 December 6: 12:00 p.m. – 4:00 p.m.

December 11: 12:00 p.m. – 4:00 p.m.
 December 12: 12:00 p.m. – 4:00 p.m.
 December 13: 12:00 p.m. – 4:00 p.m.