

C2C Essential Skills Workshops



Pilot Cohort, June 2023

The Essential Skills Workshops offer holistic, youth-centered professional development opportunities for Opportunity Youth to gain essential soft skills and exposure to high-demand career pathways in Pima County.

Pillar #1 - Mental Health & Wellness at Work

- Self-regulation
- Coping skills
- Mindfulness
- Advocating for mental health accommodations at work

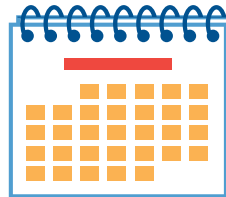
Pillar #2 - Professionalism

- Communicating with a supervisor
- Time management
- Working on a team
- Professional expectations (clothing, language)

Pillar #3 - Leadership

- Finding a career that's right for you
- What's your leadership style?
- Exploring different pathways within a field of choice
- Making a plan!

Key Details



Next Round of Essential Workshops

Dates: November 30th, 2023
December 1st, 6th, 7th,
& 8th, 2023

When: 11:00 am - 2:00 pm

Where: Goodwill Youth REC
1920 Silverlake Rd.
Tucson AZ 85713

Each Opportunity Youth
can earn up to \$300



[Register Here](#)