

# Resiliency Workshops



Searching for a job can be one of the most challenging and emotionally demanding experiences in a career journey. Uncertainty, rejection, and prolonged waiting can take a toll on confidence and motivation. Our Resiliency Workshops are designed to help participants stay focused, confident, and proactive throughout the job search process.

These workshops are offered free of charge and are facilitated by professionals with the Portland Community College Counseling Department.

Sessions are available in person and virtually, making it easy to participate in the format that works best for you.



[Click Here for work dates/time and to register](#)

