MASSHIRE
METRO NORTH
CAREER CENTER

Online Session Info

- December 18, 2024
- 10:00 am – 11:00 am

Schedule your slot for our event from your JobQuest account!

https://jobquest.dcs.eol.mass.gov/jobquest/

Or call our center to register!
617-661-7867

After scheduling, you will receive an email within 48 hours of the event, containing instructions on completing registration!

Please Note that Registration for this Event Closes on Dec 17

MassHire Programs & Services are funded in full by US Department of Labor (USDOL) Employment and Training Administration grants. Additional details furnished upon request.

A proud partner of the
AmericanJobCenter® network

Feeling Lost

A Live Q&A on Jobseeker Burnout

Job loss…No one's hiring…No one's calling back…
Anxiety…Anger…Sadness…Loss of productivity…
Losing sleep…Losing hope

Sound familiar? Unemployment can be a tough time but it's *not the time to give up*. Get up! Join MassHire Metro North for an impactful Q&A session on fighting Jobseeker Burnout.

Discussion points:

- ✓ **Why we have stress**
- ✓ **Counteracting negative habits**
- ✓ **Regaining confidence**
- ✓ **Finding that next job**
- ✓ **Avoiding burnout when you're back to work**

There is a path. MassHire can help you find it.

See All MassHire Metro North Career Center Events Here:
https://masshiremncareers.com/