



THE WOMEN'S FUND  
*of the* CAPITAL REGION

THE COMMUNITY FOUNDATION & UNITED WAY

# Speed Mentoring Workshops

Friday, October 18, 2013 • 9:00 a.m. to Noon  
Bulmer Telecommunications Center, Room 1

***This is a FREE event!***

Register for any four of these mini-workshops:

- Confidence-Boosting/Image Consulting/Motivation
- Interviewing Skills (Preparing for interviews, Do's & Don'ts, Following up)
- Resume Writing
- Resources for Starting Your Own Business
- Strategizing Your Plan for Success (Manageable steps for balancing school, career, family, social life & more)
- Ways to Effectively Use and Manage Social Media
- Networking Tips

**Space is limited, so register NOW!**

Workshops open to female students aged 25 years and older.

**Register & learn more at [www.womensfundcr.org](http://www.womensfundcr.org)**

*The Women's Fund of the Capital Region is a dynamic collaboration of the Community Foundation for the Greater Capital Region and United Way of the Greater Capital Region. Our programs and grants serve women in Albany, Rensselaer, Saratoga, Schenectady and Schoharie counties. For more information, visit [www.womensfundcr.org](http://www.womensfundcr.org).*



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