



# Discovery Job Network

## News & Updates



### January Calendar:

Our network meets on Mondays from 9:30 a.m. to 11:00 a.m. in Peregrine I at St. Thomas More Catholic Church. [Get Directions](#)

**Remember if St. Thomas More Church and School are closed for a holiday or snow day, then so are we.**

[Visit Our Website for the Calendar of Community Events](#)



### Our Network Meeting Topics and Presenters

January 7th - **Setting Goals** with Jean Spahr

January 14th - **Interviewing The Interviewer** with Hal Patterson

January 21st - **Office Closed in Observance of the Dr. Martin Luther King Holiday. Open Tues.-Thurs., 9a.m.-4p.m., by appointment.**

January 28th - **CAR Stories** with Joe Murphy.

### Small Things Make a Big Difference: A Change in Attitude by Jean Spahr

Forget about last year's struggles. This is a new year and new you.

- The new you is a can-do person.
- Be determined to find a new position, positive

about your skills and abilities, and willing to go the extra mile.

- Learn new skills while you job search.
- Cultivate and/or maintain beautiful manners.
- Assume good intent on the part of others.
- Cultivate mental toughness! Keep trying.
- Make every effort to control stress since too much stress will negatively affect you and impede your job search.
- Avoid feelings of entitlement and bitterness. Appreciate.
- Take care of you - eat right, exercise, spend time outdoors, get enough sleep, practice gratitude, be mindful, and connect with others.
- Manage emotions. Seek help if you are overly anxious, angry or depressed.



## 2019 Volunteer Opportunities at DJN -

### Spiritual and Motivational Editor -

Most of our job seekers struggle to stay upbeat and motivated during their career search. We need someone to post motivational quotes, photos, videos and stories to our Facebook page. *Time Commitment - 1 hour minimum per week, remote.*

### Ambassador of Fun -

Do you like to keep informed about Metro Denver events and activities? We need someone to research free days at major Denver attractions, professional networking opportunities and community events and post them to our website calendar. *Time Commitment - 1 hour minimum per week, remote (after an hour training session).*

### Word Document Specialist -

Do you need to improve your expertise in MS Word? We need someone to produce the jobs upload document for our sponsors. *Time Commitment - Thursday afternoon from 1p.m.-3p.m., remote (after an hour training session).*

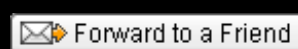
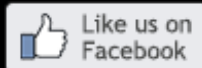


## Featured Job Fair

### Douglas County Talent Pipeline Job Fair

[Learn More](#)

**BE INSPIRED, LEARN MORE, STAY CONNECTED:**



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