

# CAREER TRAINING SERVICES

## ONE STOP OPERATOR'S REPORT

Program Year 2019

March 1, 2020 – March 31, 2020



### Crisis, Connections & Community

In the proverbial sense, March is known for coming in like a lion and going out like a lamb. This year, March came in like a lion and went out like Godzilla – bringing confusion and chaos into our work and home lives. This March has been very different from what any of us has ever experienced in our lifetimes and will be a moment in history that will become part of who we are as individuals, a community and a country. Our focus at this time is to ensure that those who are experiencing the loss of employment are connected with the resources they need in order to weather this storm. While our staff has not been able to meet face-to-face with customers since March 18<sup>th</sup>, the One Stop remains operational with all of our staff working remotely in order to provide support and guidance to our current customers and to those who have never walked through our doors, but have reached out in a time of crisis after being laid off due to this national health crisis. We are providing information on unemployment, immediate job opportunities and training options as well as ancillary services like mental health treatment, social service supports, emergency housing and food bank locations. Our staff will all be attending a webinar on April 3<sup>rd</sup> sponsored by the Mental Health Association of New Jersey entitled *Tips to Help Your Consumers Stay Positive and Focus on their Employment Journey Despite COVID-19* in order to further strengthen our approach to those in need during this challenging time. In times of crisis, it is amazing how quickly we all can mobilize and join together to help each other. While Godzilla may do his darndest to leave a path of destruction in his wake, he has never quashed the resilience of the people, the rebuilding of the infrastructure or the resurgence of business and industry. So watch out world...you are on notice that Greater Raritan One Stop is here right now, will be here as you are rebounding and will continue to be by your side as we rise and recover together! Stay strong, keep focused and do what you can to support those around you in need.

#### Mental Health First Aid

After attending two four-hour classes in March provided by Empower Somerset in March, a total of twenty One Stop and One Stop Partner staff received certification in Mental Health First Aid. This is another important tool for us to use as we work with those as they travel along on their career pathway.

#### Bridges to New Career Pathways

Entrepreneurial U provided a March workshop to One Stop and Partner staff on strategies to empower, energize and motivate those who have been struggling with obtaining and maintaining employment. This provided all with a real breath of fresh air and new plans for providing encouragement!!

#### DEDICATION. (dedi' kāSHən)

(n.) the quality of being dedicated or committed to a task or purpose.

#### COLLABORATION. (kə.ləbə'rāSHən)

(n.) the action of working with someone to produce or create something

#### PROGRESS. (prō.gres)

(n.) forward or onward movement toward a destination.



# NLP (Neuro-Linguistic Programming) Tools for Real Life

Monday,  
March 2nd, 2020  
9am – 12:00pm

Employment Services  
Jersey Job Club  
75 Veterans Memorial Drive  
Somerville, NJ

## Speaker:

Jan Goodman,  
Community Outreach Specialist  
Greater Raritan One-Stop  
Career Center Training Services

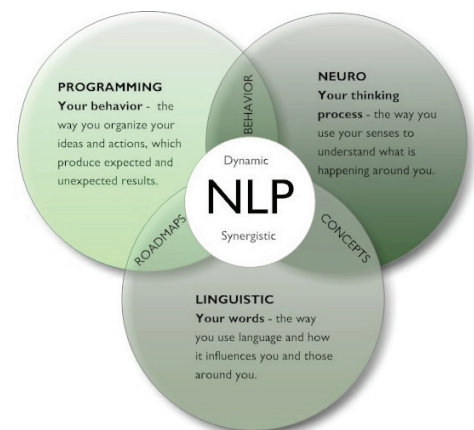
## Do you have a desire to:

- Increase your value in the job search
- Develop skills for better listening
- Assess the correct time to interject and lead a conversation
- Have multiple perspectives on a situation to gain choice and leverage
- Identify what you genuinely want and structure goals to achieve it
- Change unwanted habits and behaviors to productive patterns?

## What is NLP?

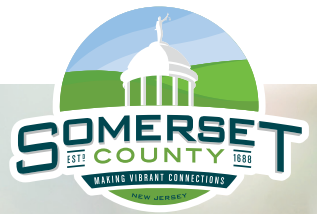
Have you ever heard the saying "It's all in your head?"

**Neuro-Linguistic Programming** was designed to take the way you view the world and flip it around so that, in a very short amount of time, you can rearrange your thinking patterns and transfer opportunity into success. This introductory training will help you understand how your mind works and most importantly make it work for you.



A proud partner of the **americanjobcenter** network

**To Reserve Your Seat Call:**  
**(908) 704-3000**



# Mastering the INTERVIEW

Monday, May 4, 2020  
10:15am – 12:15pm

PSGCNJ  
(Professional Service Group  
of Central NJ)

Guest Speaker: Jan Goodman  
Community Outreach Specialist/  
Career Coach

*This workshop will be held  
remotely via Zoom. To participate,  
you must have Zoom loaded on  
your home-based computers.*

To receive instructions on how  
to access the webinar,  
please email Mary Usher at:  
[m\\_a\\_usher@hotmail.com](mailto:m_a_usher@hotmail.com)

The interview is one of the key elements of the job search process. As with any skill, we can get better at it with preparation and practice. In this workshop, participants will explore how to prepare for an interview and become familiar with the types of questions to expect, as well as the questions they should think about asking. They will learn how to prepare for second interviews, testing, and shadowing, as well as how to follow up on their interview sessions.

## Topics Discussed:

- Understanding the interview
- Types of questions
- Preparation
- Stress interviews
- Following up the interview
- Common problems and solutions
- Phase Two (after the interview)
- Trick questions
- Sealing the deal
- Getting what you're worth

## How You Will Benefit:

- Understand the different types of interview questions and how to prepare to answer them.
- Learn the most effective ways to prepare for an interview, including how to present yourself professionally.
- Develop expertise at expressing yourself effectively.
- Know how to ask for feedback following an interview.
- Learn how to answer the toughest interview questions.

***No registration is required.***

We recognize these are unprecedented times and the job search landscape will be different. Although the situation has changed, PSGCNJ's and the Greater Raritan One-Stop Career Center's mission has not: "To provide job seekers opportunities with encouragement, empowerment, education and inspiration to advance their careers."

