

# The Greater Raritan One-Stop Training Center in collaboration with the Catholic Charities Diocese of Metuchen



## HOW TO THRIVE DURING TRANSITION AND CHANGE



Times of transition hold both challenges and opportunities. What are you really committed to in this moment?

Tony Robbins once said, *"Quality questions create a quality life."*

- Is your behavior consistent with what you are committed to?
- Are you present and engaged in your own life?
- Are you satisfied with your choices?
- Would you like to make better choices in the future?

Our life is made up of decisions. When we ask the right questions it heightens our awareness and allows us to see more clearly. The strategies and philosophies that will be presented in this workshop provide attendees with tools that self-empower. The workshop is designed to help you achieve your personal best both professionally and personally. It's a point of view that is based on choice. Self-empowerment feeds our unconscious mind to make conscious choices that allow us to be successful.

Tuesday, Nov 18th, 2021  
7:00 pm – 8:30 pm

**SPEAKER:**  
**Jan Goodman**  
Community Outreach Specialist  
Greater Raritan  
One-Stop Career Center Training  
Services

*Please note this is a virtual  
workshop via Zoom.  
Registration is required.*

To register and receive the Zoom link,  
please email: [ifss@ccdom.org](mailto:ifss@ccdom.org)

**Greater Raritan One-Stop Career Center  
Training Services**

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