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# NORWESCAP CLTC HAPPENINGS

MON	TUE	WED	THU	FRI
2	3	4 Empowerment!	5 Career & Life Club	6
9	10	11 Empowerment!	12 Career & Life Club	13
16	17	18 Empowerment!	19 Career & Life Club	20
23	24	25 Empowerment!	26 Career & Life Club	27
30  MEMORIAL DAY				



**NORWESCAP**  
Career & Life Transitions Center



DIVISION ON  
**WOMEN**



NEW JERSEY DEPARTMENT OF  
CHILDREN AND FAMILIES

# WORKSHOPS

## **Empowerment!** **in-person**

We are delighted to have Empowerment Coach, Marie Webber returns to facilitate this 5 day series. What will you get out of the series? In this series you will be: equipped with simple, yet effective tools to bolster self-confidence; develop the interpersonal skills necessary to effectively communicate and interact with others through a series of group and paired exercises; learn to implement effective steps in making choices while building confidence in decision-making abilities; learn simple techniques to lower the body's stress response while boosting self-esteem; and learn a series of time management tools that will help you with effective planning and prioritizing of activities and goals.

## **We are operating on a Hybrid schedule**

**Some of our classes  
are available  
in person at some of  
our locations.**

### **REGISTRATION**

**Tues-Fri 10am-5pm**

Preregister for all  
workshops.

**908.788.1453**

### **Education Grants**

Is money the reason you haven't gone back to school? Would you like to earn a certification or a degree? Don't let this financial barrier stop you from reaching your #education goals. There are education grants available. Let Norwescap CLTC help you navigate your way toward a new certification or completing your degree. To learn more, call our central office.



### **Resumes**

Are you unemployed or looking for a better job? The key to a successful job search is having a resume that employers want to read and call you! Let our experts help you create a customized resume that will land you an interview. To learn more call our central office.

### **Career & Life Club - Virtual**

This 1-hour meeting will address the myriad of topics concerning careers & life. Guest speakers will join the club to discuss the latest trends and strategies for all aspects of a successful job search and life topics. Sessions are Thursdays from 4:30-5:30pm.



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