



**One Stop Partner Meeting  
June 15th, 2022**

**AGENDA**

- I. Welcome and Introductions**
- II. Brief Presentations on the following resources:**
  - a. Greater Raritan Pathways to Recovery – Nakeyda Sumpter, GRWDB Pathways Navigator**
  - b. SkillUp Badges and other Offerings – Kerry Twomey, Metrix Learning**
  - c. NJ Health Works Scaling Apprenticeship – RVCC – Janet Logan, Success Coach**
- III. Performance Reporting & Service Updates**
- IV. Identifying Gaps in Services & Planning for the Future**
- V. Tentative Schedule for Program Year 2021**
  - September 14<sup>th</sup>, 2022 – Location TBD**
  - December 14<sup>th</sup>, 2022 – Location TBD**
  - March 15<sup>th</sup>, 2023 – Location TBD**
  - June 14<sup>th</sup>, 2023 – Location TBD**

# Greater Raritan Pathways to Recovery

## How do you answer the following questions:

*Do you, a friend or any family member have a history of opioid use?*

*Did you become unemployed or underemployed as a result of the COVID-19 pandemic?*

If you answered “yes” to both questions and live in Hunterdon or Somerset Counties, you may be eligible to participate in the Greater Raritan Pathways to Recovery program.

This new state-funded program aims to assist those impacted directly or indirectly by the opioid epidemic and who are unemployed or underemployed. This is a program of the Greater Raritan Workforce Development Board working in collaboration with Prevention Links and the Greater Raritan One-Stop Career Training Center.

## Participants in this career-focused program receive:

- Training opportunities focusing on in-demand occupations or training for certification as a Peer Recovery Specialist
- Career readiness and soft skills training to support job success, including enrollment in the SkillUp Job Readiness Badge program
- Employment case management and mentoring
- Access to supportive services to overcome barriers and achieve goals

*For questions and to see how you can get career assistance, contact:*  
**Greater Raritan Pathways to Recovery Navigator Nakeyda Sumpter** at  
**(908) 203-6047** or **[nsumpter@co.somerset.nj.us](mailto:nsumpter@co.somerset.nj.us)**



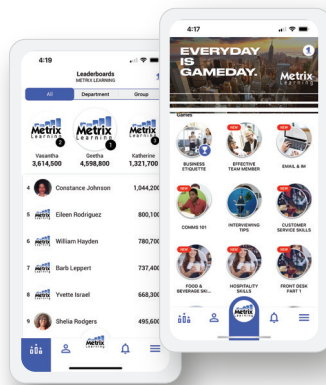
# SkillUp® Today with Digital Badges!



## Level Up with the SkillUp® New Manager Badge

**Get FREE training to build your skills and prepare for your next job through SkillUp Greater Raritan!**

Learn through a series of games and online courses.



### Topics Covered:

- Time Management
- Communication
- Being a First-Time Manager
- Leadership
- Delegation
- Diplomacy & Tact
- Running Meetings
- Emotional Intelligence

To sign up, contact the **Greater Raritan Workforce Development Board** at <https://bit.ly/3Jvyc0x>. For questions, email [info@thegrwdb.org](mailto:info@thegrwdb.org) or call 908-541-5790.







# SkillUp® Today with Digital Badges!



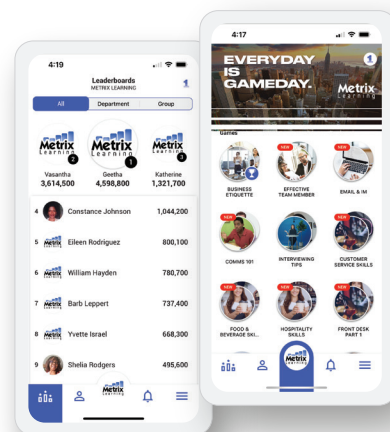
## Prove You are Work-Ready: SkillUp® Job Readiness Badge

### Get FREE training to build your skills and prepare for your next job through SkillUp Greater Raritan!

Learn through a series of games and online courses, and get a badge that you can share with employers.

#### Topics Covered:

- Teamwork
- Communication
- Workplace Skills
- Administrative Support
- Listening
- Telephone Skills
- Emotional Intelligence
- Basic Budgeting



To sign up, contact the **Greater Raritan Workforce Development Board** at <https://bit.ly/3Jvyc0x>. For questions, email [info@thegrwdb.org](mailto:info@thegrwdb.org) or call 908-541-5790.







# PHARMACY TECHNICIAN

- Grant funded
- Classroom, remote & on-the-job learning
- Training for hospital or retail settings
- Competitive wages

**Acquire skills and expertise in an innovative apprenticeship program that provides you with a quality education and a direct connection to a healthcare employer. Work closely with a Success Coach who will guide you every step of the way.**

## Details:

<b>Dates:</b>	August 22 – December 16 (no school 9/5, 11/23, & 11/25)
<b>Days:</b>	Mondays, Wednesday, & Friday (in person)
<b>Time:</b>	6-9pm
<b>Course Code:</b>	HP312 (144 hours)
<b>Instructor:</b>	Yadira Aleman
<b>Location:</b>	118 Lamington Road, Branchburg
<b>Building:</b>	Workforce Training Center
<b>Cost:</b>	\$2,200 (For applicants who do not wish to participate in or do not qualify for the apprenticeship model, you may still register for the program but will have to pay the cost of the tuition.)

**For more information go to:**

<https://form.jotform.com/220934730343047>

or scan the QR code



## Contact:

**Janet Logan**

**email:** [janet.logan@raritanval.edu](mailto:janet.logan@raritanval.edu)

**call:** 908-526-1200 x8656

## WIOA Title 1 Performance Outcomes – PY21 Q3 – Updated 5/11/22

	Employment Q2 Adult	Employment Q2 DW	Employment Q2 Youth	Employment Q4 Adult	Employment Q4 DW	Employment Q4 Youth	Credential Adult	Credential DW	Credential Youth	Skill Gains Adult	Skill Gains DW	Skill Gains Youth
All Location	96.6%	69.2%	124.4%	84.6%	80.1%	125.9%	98.0%	90.5%	75.2%	157.5%	184.5%	155.0%
Atlantic County WDB	105.5%	110.6%	126.1%	89.4%	99.0%	125.9%	129.9%	105.9%	78.2%	178.7%	203.3%	176.3%
Bergen County WDB	82.2%	75.5%	95.2%	70.4%	91.8%	73.8%	112.0%	123.9%	54.5%	162.6%	162.6%	172.1%
Burlington County WDB	97.7%	76.5%	101.6%	107.1%	92.5%	141.2%	133.5%	105.5%	82.8%	122.0%	160.5%	234.2%
Camden County WDB	107.7%	82.0%	143.9%	95.8%	91.3%	120.0%	97.7%	87.4%	79.2%	171.4%	206.4%	222.5%
Cumberland/Salem/Cape May WDB	101.6%	123.1%	133.2%	91.1%	94.6%	114.3%	113.6%	106.2%	142.1%	195.8%	208.3%	234.2%
Essex County WDB	79.3%	87.8%	121.6%	63.8%	85.4%	127.8%	64.7%	42.0%	73.5%	177.4%	104.5%	54.0%
Gloucester County WDB	108.6%	81.8%	88.3%	80.5%	123.3%	121.7%	160.3%	114.7%	182.1%	139.4%	150.1%	234.2%
Greater Raritan WDB	98.3%	113.1%	185.5%	66.2%	105.9%	151.5%	101.0%	124.9%	196.1%	243.9%	234.5%	234.2%
Hudson County WDB	83.8%	103.0%	141.8%	110.4%	92.0%	150.6%	135.2%	82.2%	114.4%	102.7%	186.4%	175.6%
Jersey City WDB	51.1%	49.1%	179.9%	74.6%	61.4%	109.3%	67.3%	65.8%	147.1%	203.3%	197.4%	
Mercer County WDB	33.6%	89.8%	161.6%	58.5%	97.9%	121.2%	69.9%	33.2%	83.7%	195.1%	174.2%	234.2%
Middlesex County WDB	71.7%	53.1%	116.8%	83.5%	71.2%	134.8%	97.9%	90.9%	77.0%	158.2%	149.7%	133.0%
Monmouth County WDB	88.3%	58.5%	114.2%	91.8%	56.1%	121.1%	136.5%	93.6%	72.0%	195.6%	221.1%	93.0%
Morris-Sussex-Warren WDB	109.4%	95.3%	116.1%	81.7%	108.1%	84.6%	82.6%	70.4%	49.0%	162.6%	206.1%	87.8%
Newark WDB	106.1%	69.9%	162.6%	79.0%	69.4%	131.3%	50.1%	48.9%	89.8%	57.4%	141.7%	37.0%
Ocean County WDB	97.9%	98.2%	119.6%	81.0%	108.3%	92.2%	139.9%	118.4%	156.9%	192.2%	195.7%	169.1%
Passaic County WDB	124.7%	69.7%	116.7%	99.7%	81.9%	99.8%	43.5%	41.1%	49.0%	243.9%	238.6%	216.8%
Union County WDB	48.1%	44.9%	97.9%	64.0%	46.9%	122.2%	101.7%	110.1%	52.1%	213.4%	230.4%	234.2%



## Wagner Peyser/Employment Services Performance – PY21 Q3

	Employment Q2 WP	Employment Q4 WP
All Location	85.2%	85.0%
Atlantic County WDB	104.3%	83.0%
Bergen County WDB	76.8%	80.6%
Burlington County WDB	78.9%	83.6%
Camden County WDB	81.0%	89.0%
Cumberland/Salem/Cape May WDB	84.3%	80.3%
Essex County WDB	83.3%	79.9%
Gloucester County WDB	87.8%	93.9%
Greater Raritan WDB	92.8%	96.5%
Hudson County WDB	72.1%	75.4%
Jersey City WDB	75.9%	77.2%
Mercer County WDB	91.3%	99.1%
Middlesex County WDB	80.5%	78.5%
Monmouth County WDB	85.5%	78.5%
Morris-Sussex-Warren WDB	82.3%	87.4%
Newark WDB	62.0%	75.5%
NJDOL Trenton Central Office	102.7%	90.5%
Ocean County WDB	85.2%	79.4%
Passaic County WDB	75.2%	79.7%
Union County WDB	73.7%	76.6%
zz-Cumberland-Salem County WIB		0.0%

Greater Raritan One Stop  
Division of Vocational Rehabilitation Report

New Customer Monthly Report May, 2022  
Hunterdon/Raritan Combined Report  
2021 Program Year  
May 1, 2022- May 31, 2022

**NEW CUSTOMERS**

1) Served through end of last report	281
2) New customers served this month	19
3) Total served to date	300

---

**CUSTOMER DETERMINED ELIGIBLE**

1) Determined eligible through end of last report	248
2) New customers determined eligible	15
3) Total eligible to date	263

---

**SUCCESSFUL CLOSURES** (employment maintained for 90 days minimum)

1) Successful closures through last report	112
2) Successful closures this month	8
3) Total successful closures to date	120

---

Completed by: Elizabeth Conte      Elizabeth.Conte@dol.nj.gov  
Submitted: May, 2022    Phone (908) 704-3030  
Numbers reflect customers served from all funding sources (including WIOA)



Agency Name: **Hunterdon County Educational Services Commission**  
 Program Name: **GRWDB Workforce Learning Links 2020-2021-contract extension**

PERIOD COVERED: **May 1- May 31, 2022**

PROGRAM REPORT #9 – **September 2021 – June 2022**

**Narrative Report:**

Enrollments for Flemington		Exits for Flemington
ABE	0	1 obtained employment
HSE	3	1 stopped attending
ELA	0	
PC	0	
Enrollments for Somerville		Exits for Somerville
ABE	0	
HSE	2	1 exit for personal reasons
ELA	0	
PC	0	

**Program Statistics:**

	Customers Served –May 2022						YTD Customers					
	Flemington		Somerville		Total		Flemington		Somerville		Total	
	New	Continuing	New	*Continuing	New	*Continuing	New	Continuing	New	*Continuing	New	*Continuing
Total # who received services (monthly and cumulative)	3	14	2	15	5	29	21	15	23	16	44	30
Total # that no longer receive services	2		1		3		13		12		25	
Number who increased EFL	0		3		3		2		4		6	
Number that got HSE	0		0		0		6		1		7	
Number that got jobs	1		0		1		3		9		12	
Number that went on to further training	0		0		1		0		1		1	

*\*includes 5 carryover customers (SC) and 7 carryover customers (HC)*

**Current Month's Statistics:**

	Flemington	Somerville
Number of students carried over from previous month:	14	15
Number of customers added this month:	3	2
Total number of customers served this month:	17	17
Number of customers exited for any reason	2	1
Number of customers that secured employment:	1	0
Number of customers that went on to further training:	0	0
Number of customers that obtained a HSE	0	0
Number of customers exited for other reasons:	1	1
Number of customers that increased EFL level this month:	0	3
Number of customers that obtained basic PC skills	0	0
Number of customers carried over to the next month:	15	16

Fran Leddy

*Fran Leddy*

6/9/2022

Name

Signature

Date

# EARN A NEW JERSEY HIGH SCHOOL DIPLOMA

*A High School Diploma Can Open Many Doors to Your Future...*



**REGISTER FOR A  
FREE & INDIVIDUALIZED  
PREPARATION CLASS**

**Somerville  
Workforce Learning Link**

27 Warren Street  
Somerville, NJ  
**(908) 541-5781**

**Flemington  
Workforce Learning Link**

8 Bartles Corner Road, Suite 205  
Flemington, NJ  
**(908) 237-5000 Ext. 11**

[www.hunterdonesc.org](http://www.hunterdonesc.org)  
[adulthood@hunterdonesc.org](mailto:adulthood@hunterdonesc.org)



SCAN ME

**en español**  
[mmenendez@hunterdonesc.org](mailto:mmenendez@hunterdonesc.org)



**Greater Raritan**  
Workforce Development Board



Workforce Learning Link programming is supported by grant funds provided by New Jersey Department of Labor.





# WORKFORCE LEARNING LINK

- Get your high school diploma.
- Upgrade your skills to enter an occupational training or post-secondary education program.
- Enhance your basic literacy and computers skills to obtain or maintain employment.

## TWO LOCATIONS

### HUNTERDON COUNTY

8 Bartles Corner Road, Suite 205  
Flemington  
**908-237-5000**

### SOMERSET COUNTY

27 Warren Street, 2nd floor  
Somerville  
**908-541-5781**

**FREE** to eligible residents of NJ age 16 and up  
Click <http://bit.ly/3qr7cp5> to complete an application



# LITERACY = OPPORTUNITY

**Greater Raritan**  
Workforce Development Board



***FREE online classes offered by the following agencies  
in Hunterdon and Somerset help adults:***

**Earn a high school diploma • Learn English • Start training for a career**

## HUNTERDON COUNTY

**HUNTERDON COUNTY ESC**  
**[adulthoodliteracy@hunterdonesc.org](mailto:adulthoodliteracy@hunterdonesc.org)**  
**908.237.5000**

High School Equivalency • Basic Computer Skills  
English Language Acquisition

## RARITAN VALLEY COMMUNITY COLLEGE

**[Bonnie.Scharf@raritanval.edu](mailto:Bonnie.Scharf@raritanval.edu)**  
**908.526.1200, ext. 8686**

English Language Acquisition  
OSHA 10 Certification  
Servsafe Food Handler Certification

## HUNTERDON HELPLINE

**[literacy@helplinehc.com](mailto:literacy@helplinehc.com)**  
**908.782.4357**

All Literacy Services  
One-on-one, barrier-free individualized instruction

## HUNTERDON COUNTY LIBRARY

**[tedwards@hclibrary.us](mailto:tedwards@hclibrary.us)**  
**908.713.7005**

Weekly English Conversation Groups

## SOMERSET COUNTY

**HUNTERDON COUNTY ESC**  
**[adulthoodliteracy@hunterdonesc.org](mailto:adulthoodliteracy@hunterdonesc.org)**  
**908.541.5781**

High School Equivalency • Basic Computer Skills  
English Language Acquisition

## RARITAN VALLEY COMMUNITY COLLEGE

**[Bonnie.Scharf@raritanval.edu](mailto:Bonnie.Scharf@raritanval.edu)**  
**908.526.1200, ext.8686**

English Language Acquisition  
OSHA 10 Certification  
Servsafe Food Handler Certification

## LITERACY VOLUNTEERS of SOMERSET COUNTY

**[info@literacysomerset.org](mailto:info@literacysomerset.org)**  
**908.725.5430**

English Language Acquisition • Free Weekly Tutoring

## ZAREPHATH CHRISTIAN CHURCH

**[zmayer@zarephath.org](mailto:zmayer@zarephath.org) • 732.560.4001**

English Language Learning Classes  
Conversation Groups • Accent Reduction



# ARE YOU ON TARGET FOR SUCCESS?



**GOAL SETTING**

**JOB SEARCH TECHNIQUES**

**RESUME WRITING**

**INTERVIEW SKILLS**

**SUCCESS AT WORK**

**OPEN TO ANY RESIDENT OF HUNTERDON AND  
SOMERSET COUNTIES RECEIVING:**

Temporary Assistance for Needy Families (TANF)

General Assistance (GA) or

Supplemental Nutrition Assistance Program (SNAP)



**For more information, call:**

(908) 526-8800 ext. 6747 (Somerset County)  
(908) 237-5000 (Hunterdon County)

Or visit us on the web:  
[bit.ly/3l261dK](http://bit.ly/3l261dK)



# CHROMEBOOK LOANER PROGRAM



You may be eligible to borrow a Chromebook from the  
**Greater Raritan Workforce Development Board**  
to assist with your career-readiness work.

This new  
**CHROMEBOOK LOANER  
PROGRAM**

is open to eligible residents of  
Hunterdon and Somerset Counties  
receiving:

Temporary Assistance for  
Needy Families (TANF)  
General Assistance (GA) or  
Supplemental Nutrition  
Assistance Program (SNAP)

The Chromebooks, available for a  
four-week loaner period, can assist with:

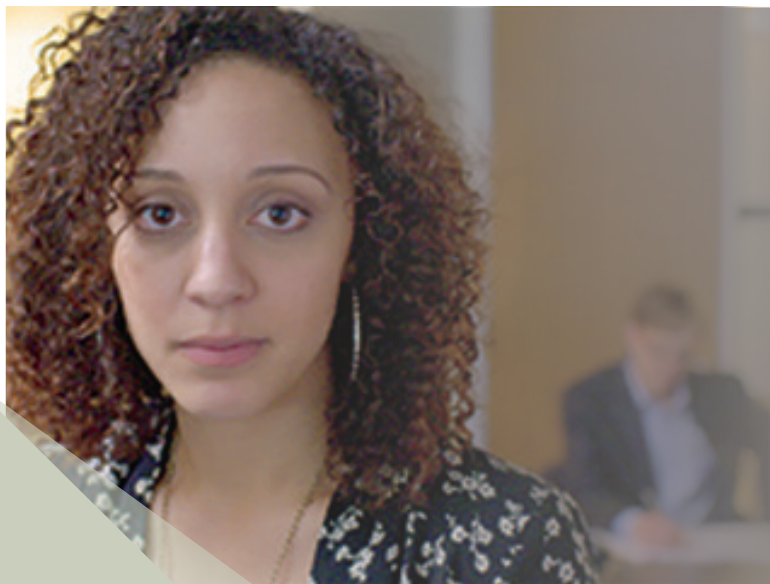
- Virtual Workshops
- E-Learning Classes
- Resume Writing
- Job Search
- Career Coaching



For more information, and to see if you are eligible, call:

(908) 526-8800 ext. 6747 (Somerset County) • (908) 237-5000 (Hunterdon County)  
or visit us on the web: [bit.ly/3I261dK](https://bit.ly/3I261dK)

# Defeating Unconscious Bias: 5 Strategies



*“Human beings are poor examiners, subject to superstition, bias, prejudice, and a PROFOUND tendency to see what they want to see rather than what is really there.”*  
— Scott Peck

**DATE:** Wednesday,  
July 13th, 2022

**TIME:** 10:00 am – 12:00 pm

*In collaboration with the  
Somerset County Library System*

**Speaker: Jan Goodman**  
Community Outreach Specialist,  
Greater Raritan One-Stop Career Center



**Please note this is a virtual  
workshop via Zoom.  
To attend this workshop  
please click on the link  
below:**

<https://sclsnj.libnet.info/event/6173056>

Let's face it, everybody has some unconscious bias. This is not in the context of talking about a preference for Mexican food or an inclination toward the color blue. The focus here is on those inflexible beliefs about whole categories of people that keep us from seeing others accurately, from making fair and appropriate decisions, and from building the kind of harmonious relationships that make our lives more successful.

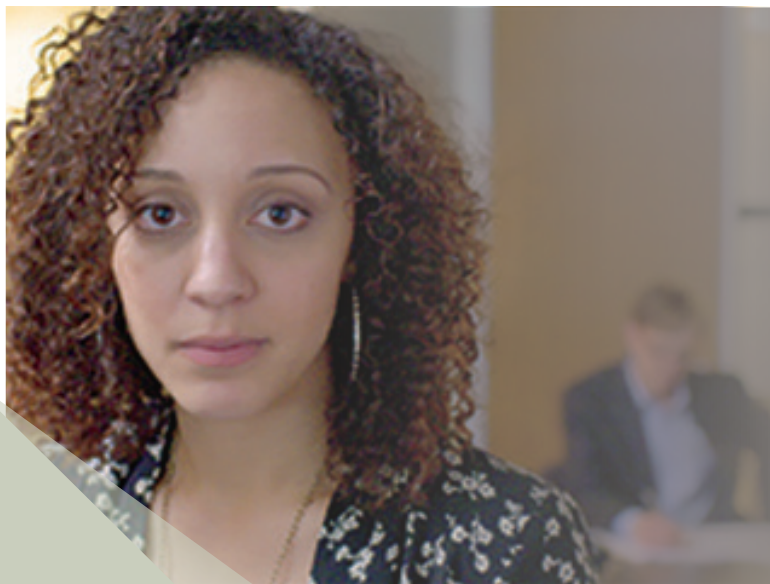
Clearly, biases are bad news. On the other hand, the good news is that biases do not make us bad people. Human nature is to lump people into categories. Because of this predisposition, we are vulnerable to unconsciously believing the messages that bombard us from family, media, experience, and society as a whole. But we are not stuck with our unconscious biases; we can defeat them.

The “Defeating Unconscious Bias” workshop is designed to address the hidden biases that can affect hiring, team building and challenges the ability to create inclusivity in both professional and personal settings. A 14 minute video accompanies this training offering 5 simple, actionable, and memorable strategies to enhance workplace productivity and innovation by addressing bias. The authenticity and diversity of the scenarios utilized keeps participants attention, and the solutions suggested support change without blame.

***This program is being offered in partnership with the  
Greater Raritan One-Stop Career Center.***



# Defeating Unconscious Bias: 5 Strategies



*“Human beings are poor examiners, subject to superstition, bias, prejudice, and a PROFOUND tendency to see what they want to see rather than what is really there.”*  
— Scott Peck

**DATE: Friday, July 15th, 2022**

**TIME: 10:00 am - 11:30 am**

*In collaboration with PSG  
(Professional Service Group) of  
Mercer County*

*(PSG is a networking program for  
professional jobseekers in transition)*

**Speaker: Jan Goodman**

Community Outreach Specialist,  
Greater Raritan One-Stop Career Center

**Please join the meeting from your  
computer, tablet or smartphone:**  
<https://bit.ly/3IooYlH>

**You can also dial in using your phone:**  
**+1 (872) 240-3212**  
**Access Code: 743-896-341**

Let's face it, everybody has some unconscious bias. This is not in the context of talking about a preference for Mexican food or an inclination toward the color blue. The focus here is on those inflexible beliefs about whole categories of people that keep us from seeing others accurately, from making fair and appropriate decisions, and from building the kind of harmonious relationships that make our lives more successful.

Clearly, biases are bad news. On the other hand, the good news is that biases do not make us bad people. Human nature is to lump people into categories. Because of this predisposition, we are vulnerable to unconsciously believing the messages that bombard us from family, media, experience, and society as a whole. But we are not stuck with our unconscious biases; we can defeat them.

The “Defeating Unconscious Bias” workshop is designed to address the hidden biases that can affect hiring, team building and challenges the ability to create inclusivity in both professional and personal settings. A 14 minute video accompanies this training offering 5 simple, actionable, and memorable strategies to enhance workplace productivity and innovation by addressing bias. The authenticity and diversity of the scenarios utilized keeps participants attention, and the solutions suggested support change without blame.



*This program is being offered in  
partnership with the Greater Raritan  
One-Stop Career Center.*







# The Multi-Generational Workplace

Wednesday,  
August 10th, 2022

10:00am – 12:00pm

In Collaboration with the  
**Somerset County Library  
System**

**Presenter:**  
**Jan Goodman**  
Community Outreach Specialist  
Greater Raritan One-Stop  
Career Services

There are currently five generations in the workforce, and employers faced with mass retirements of Baby Boomers are looking for ways to prepare for the changes that will result. This course examines the history and reality of the generation gap.

**This course explores whether defining the actual limits of each generation is most important, or whether the merits of people within the context of employment is the bigger issue.** Understanding others helps us to understand ourselves and to manage the people that we work with. We will explore problems, solutions, and strategies to help overcome issues of the generation gap.

## What You Will Cover:

- History in brief
- Finding common ground
- Silents, Boomers, Xers, Ys, and Millennials
- Recruiting that bridges the gap
- Pre-assignment review
- Solutions
- The value of planning
- Holding on for the good times
- Developing targeted retention strategies
- What we really want

## How You Will Benefit:

- Develop our understanding of where the generations gap issue surfaces, and the impact it has on the modern workforce.
- Understand and apply language that is specific to each generation currently in the workplace.
- Explore organization strategies that overcome gap issues.
- Evaluate the need and effectiveness of recruiting, retention, and succession plans in context of the generation gap.

**Please note this is a virtual Zoom workshop. To attend the Zoom workshop please click on the link below:**

**<https://sclsnj.libnet.info/event/6173100>**



A proud partner of the **americanjobcenter** network





# Conquering Your Fear of Speaking in Public

Monday,  
August 15<sup>th</sup>, 2022  
10:15 am – 12:00 pm

## Speaker:

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

*Do you get nervous when interviewing or making presentations at company meetings?*

*Do you find it hard to make conversations at gatherings and social events?*

*Do you freeze up in awkward social situations?*

*If so this workshop is for you!* It is for anybody who wants to improve their speaking skills in both formal and informal situations. Learn important strategies to gain the confidence and the skills to interact with others, to speak in informal situations, and to make presentations in front of small groups.

## Learning Objectives

During this workshop you will learn to:

- Speak with more confidence in one-on-one conversations.
- Feel more confident speaking socially or in small meeting groups.
- Practice these skills in a supportive setting.

*To register please visit the PSGCNJ site at:*

<https://bit.ly/3KQhn0Q>

*To join, scroll down and click "Join via Zoom."*

*This program is in collaboration with The Greater Raritan One-Stop Training Center and PSGCNJ (Professional Service Group of Central New Jersey).*



A proud partner of the **americanjobcenter** network





# NLP

(Neuro-Linguistic Programming)

## Tools for Real Life

Wednesday,  
September 7th, 2022  
10:00 am – 12:00 pm

*Please note this workshop  
will be virtual via Zoom.*

**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?

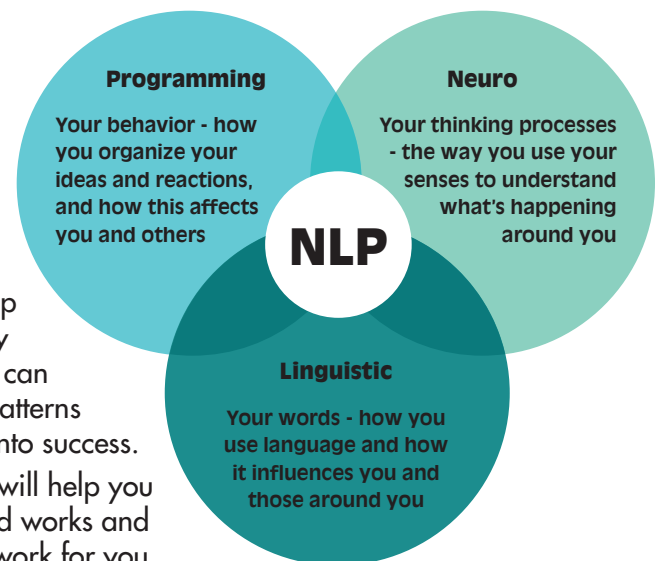
### What is NLP?

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.



#### Pre-registration is required.

To register go to <https://bit.ly/3kjhfff>

*This program is in partnership with:*

*The Greater Raritan One-Stop Career Center Training Services  
and the Somerset County Library System.*



A proud partner of the [americanjobcenter](#) network



**PSG of Mercer County**  
in collaboration with the  
**Greater Raritan One-Stop Career Center**



# 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.

**Friday,  
Sept. 16th, 2022  
10:00 am - 11:30 am**

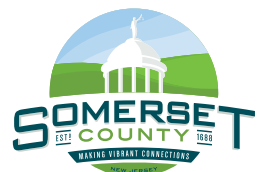
**SPEAKER:**  
**Jan Goodman**  
Community Outreach Specialist,  
Greater Raritan One-Stop  
Career Center

**Please join the meeting from your computer, tablet or smartphone: <https://bit.ly/3wfuaG8>**  
**You can also dial in using your phone: +1 (646) 749-3122 • Access Code: 355-203-397**

*In collaboration with PSG (Professional Service Group) of Mercer County  
(PSG is a networking program for professional jobseekers in transition)*

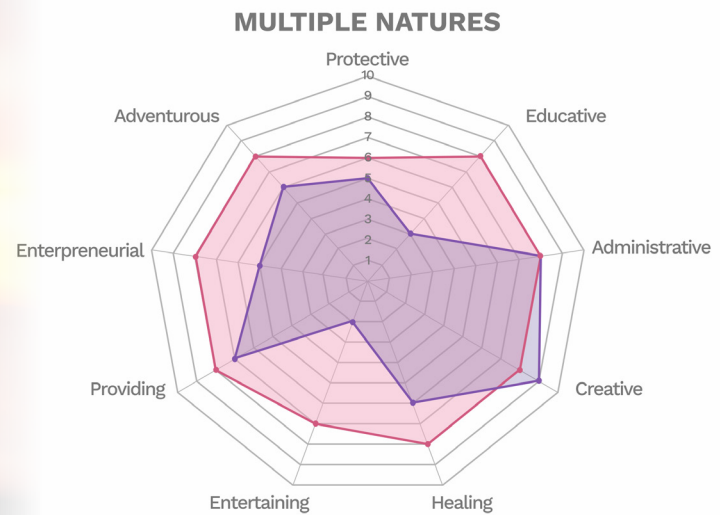
**Greater Raritan One-Stop Career Center**  
**Training Services**

A proud partner of the **americanjobcenter** network





# Align Your Potential by Identifying Your Natural Abilities with Multiple Natures



**Monday,  
September 19<sup>th</sup>, 2022  
10:00am – 12:00pm**

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

**Multiple Natures is a career discovery, job transition, recruitment and life coaching assessment.**

Each person has a unique set of traits which provides a predisposition towards different types of work and activities. **Multiple Natures** assists individuals in their quest for self-improvement and finding the flow to fulfill their true potential.

To help understand yourself and make better decisions for your life, attend this workshop with **Multiple Natures Practitioner Jan Goodman**. Unlock the secret of your unique natures so you can identify and engage your natural abilities to the highest level!

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

***Pre-registration is required.***

To pre-register please visit the PSGCNJ site at:

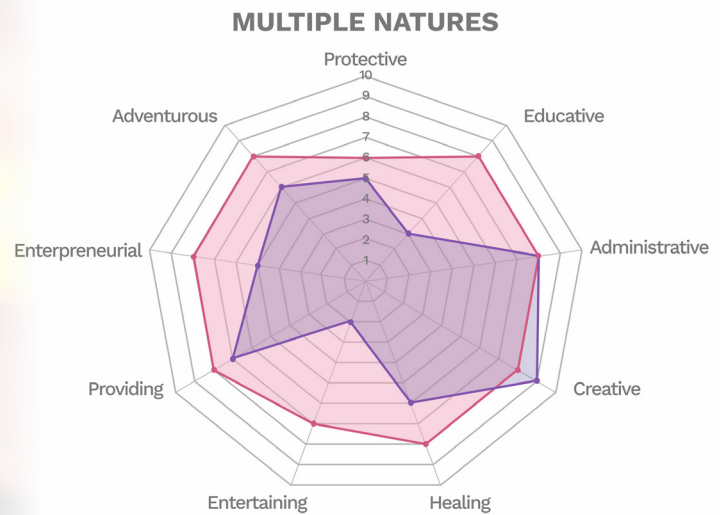
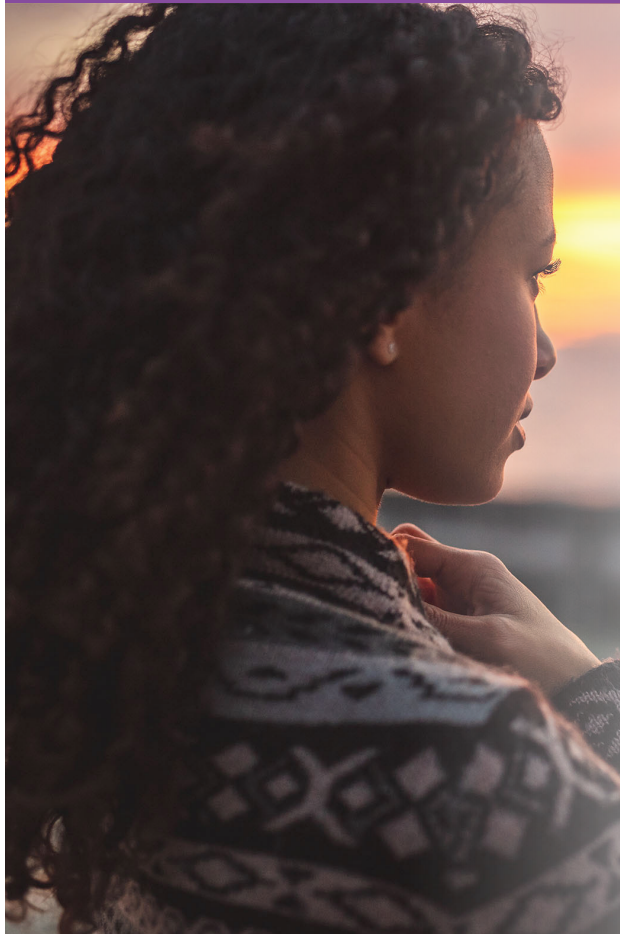
**<https://bit.ly/3KQhn0Q>**

To join, scroll down and click "Join via Zoom."

This program is sponsored by the Greater Raritan One-Stop Career Center and the Professional Service Group of Central New Jersey (PSGCNJ).



# Align Your Potential by Identifying Your Natural Abilities with Multiple Natures



**Wednesday**  
**October 5th, 2022**  
**10:00am – 12:00pm**

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

**Multiple Natures is a career discovery, job transition, recruitment and life coaching assessment.**

Each person has a unique set of traits which provides a predisposition towards different types of work and activities. **Multiple Natures** assists individuals in their quest for self-improvement and finding the flow to fulfill their true potential.

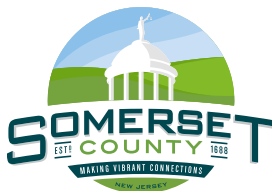
To help understand yourself and make better decisions for your life, attend this workshop with **Multiple Natures Practitioner Jan Goodman**. Unlock the secret of your unique natures so you can identify and engage your natural abilities to the highest level!

**Please note this workshop will be virtual via Zoom.**

***Pre-registration is required.***

To register please click on the following link:  
**<https://bit.ly/3kjhfff>**

**This program is sponsored by the Greater Raritan One-Stop Career Center and the Somerset County Library System.**







# Business Etiquette for Job Seekers

Wednesday,  
November 16th, 2022  
10:00 am – 12:00 pm

**Speaker:**  
Jan Goodman,  
Community Outreach  
Specialist/  
Career Coach  
Greater Raritan  
One-Stop  
Career Center  
Training Services

Learn how to make your first impression memorable. Do you know all the rules and protocols for proper and polite job-hunting behavior? Go the extra mile to show employers you are the right fit. Job Fair etiquette will also be covered.

The art of portraying a poised, self-confident image in today's demanding business atmosphere is a skill that is much too often overlooked by many professionals, but not by those observing and making critical judgments based upon the person's communication. Many people have adopted relaxed standards that are not appropriate in business and interview settings.

***In this workshop you will gain skills in the following areas:***

- Six ways to sabotage positive first impressions
- How to deal with feelings of powerlessness and helplessness
- Practice business etiquette to build and maintain relationships
- Learn valuable techniques to deal with difficult situations
- Deliver your message: verbal, non-verbal and written in a positive way
- Learn proper introductions and professional presence
- Proper Grooming and appearances matter
- Netiquette; Emails, Faxes, Conference Calls, Mobile Phones, the new electronic protocols and manners
- Job Fair Etiquette



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

To register go to <https://bit.ly/3kqBeJe>

*This program is in collaboration with The Greater Raritan One-Stop Training Center and the Somerset County Library System (SCLS).*



A proud partner of the [americanjobcenter](#) network

