

# Greater Raritan One-Stop Career Center in collaboration with the Somerset County Library System



## 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.

Wednesday,  
Jan. 10th, 2024  
10:00 am - 12:00 pm

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

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

**<https://bit.ly/48ifvKb>**

**then click on the button that says "Register to attend online".**

**ZOOM: <https://bit.ly/3Rq2VSI>**

This program is in collaboration with the Somerset County Library System.

