

**Professional Service Group of Central NJ (PSGCNJ)**  
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.

**Monday, Oct 25th, 2021**  
**10:30am – 12:00pm**

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

**Join through Zoom video meeting by clicking the link and registering.**

To register, go to <https://bit.ly/3lugf9W>

- Meeting ID: 525-652-585
- To join by phone, dial: 646-558-8656

This workshop is being hosted by PSGCNJ (Professional Service Group of Central NJ) in collaboration with the Greater Raritan One-Stop Career Center Training Services.

*Please respect our Non-Solicitation Policy: Participants are prohibited from soliciting other participants and members for any commercial purposes unrelated to the mission of PSGCNJ.*

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