

Greater Raritan One-Stop Career Center
in collaboration with
**Jewish Family Service of Somerset,
Hunterdon and Warren Counties**



**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,
January 8th, 2025
7:00 pm - 9:00 pm**

SPEAKER:
Jan Goodman
Certified Workforce
Development Professional,
Greater Raritan One-Stop
Career Training Center

Please note this is a virtual workshop via Zoom.
To register please contact: Elise Prezant at eprezant@jewishfamilysvc.org
or call (908) 725-7799 X108 to receive the Zoom link.

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