

Women's Empowerment! Workshop

The Women's Center will be offering its seventh Empowerment! Series with Certified Women's Empowerment Coach and Facilitator Jeanne Rohach. The program will run for six weeks on Fridays from 10-2 beginning October 13th. Empowerment! is designed to help women move past internal barriers and begin to set and achieve realistic, achievable goals. Issues of self-confidence, life transitions, and identifying strengths are explored. Program admission is through a scholarship offered through the Women's Center.

For more information and to apply go to:

<http://www.ccm.edu/studentLife/CampusServices/WomensCenter/TrainingWorkshops.aspx>

Attendance at all sessions is mandatory.

Interview Question of the Month:

Q: Tell me about a challenge or conflict you have faced at work and how you dealt with it.

A: The interviewer wants to get a sense of how you will respond to conflict. Respond using the **S-T-A-R method**:

Situation: Describe a situation that you were in or the task that you needed to accomplish; be specific. This situation can be from a previous job, from a volunteer experience, or any relevant event.

Task: What goal were you working toward?

Action: What specific steps did you take and what was your particular contribution? Use the word "I," not "we" when describing actions.

Result: Describe the outcome of your actions and don't be shy about taking credit for your behavior. What happened? How did the event end? What did you accomplish? What did you learn? Make sure your answer contains positive results.

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"Don't look back, you're not going that way."

- Unknown

DO YOU, OR SOMEONE YOU KNOW, NEED SUPPORT FROM THE WOMEN'S CENTER?

Complete and submit the Enrollment form at www.ccm.edu/womenscenter and we will get back to you to discuss services and/or provide resources.

Is it Time For Women to Rethink Divorce Mediation?

Many women sidestep divorce and family law mediation because — as a popular myth goes — they simply do not fare as well as men do in a collaborative situation. Some women may believe that their willingness to mediate and negotiate are signs of “giving in” or of being “the nice guy.” Other women can face pressure from friends and family members who tell them they need to battle with the spouse so as not to appear weak. Given this conventional wisdom, it’s worth digging for the truth and the answer to the question: does mediation really favor men?

Courts in New Jersey favor couples sitting down out of court and hammering out their issues so that they come up with their own marital settlement agreement. Mediation is one of these out of court settlement methods. But, just because mediation is geared toward couples working it out, it does not mean that New Jersey family law is thrown out the window. The law still governs and a trained and professional mediator strives to ensure that both parties reach a reasonable decision that favors them both, regardless of gender.

New Jersey family laws regarding everything from custody to spousal support are gender neutral by design. Gone are the days of the “tender years doctrine” where children were automatically given to their mothers or where alimony was only given to women. With the rise of same-sex marriages here in the Garden State, the gender of the couple and how they may or may not benefit from mediation is moot.

Of course, you can find bullies in relationships where one of the couple is commanding, domineering or abusive. Depending on the level of control or manipulation, mediation may not be an appropriate tool to resolving a divorce. But, bullies come in all shapes, sizes and genders. Again, a trained and experienced mediator will recognize a manipulative spouse and will put an end to such behaviors in the mediation session. If either of the parties feels uncomfortable during the session, or believes that they cannot enter into an agreement without feeling coerced, that person has the ability to end mediation and proceed with traditional litigation.

If she is having reservations about sitting down at the table with her spouse, taking steps to learn some of the basics of family law and how they may apply to her case may help a woman feel more empowered, informed and in control. By that same token, being informed will help prevent either of the couple from adopting an “all or nothing” approach to mediation, where they refuse to budge on one or more issues.

Understanding that your voice is just as strong in the mediation room as it is in the courtroom can be key to gaining the confidence to assert yourself and avail yourself of all the benefits of mediation. Your family, your wallet and your peace of mind will surely be better off for it!

- Bari Z. Weinberger, certified matrimonial attorney and founder of Weinberger Divorce & Family Law Group of New Jersey



Many thanks to Audrey Verona for once again generously donating school supplies to the Women’s Center. Many women came by to collect supplies, and by the end of the first week we were almost out! Kudos to Audrey for making the start of the school year less stressful for parents and kids.

The Creative Leadership Club at CCM created beautiful handmade soaps and flower displays for clients of the Women’s Center, as they have kindly done in the past. The gifts were much appreciated by those who came in for services. Thank you to Edith Nelson and the Creative Leadership Club!

Scholarship Information

Note: It is essential to research each eligibility requirement and deadline!



- ◆ American Association of University Women Career Development Grant:
<http://www.aauw.org/what-we-do/educational-funding-and-awards/career-development-grants/>
Grants may also be available through AAUW Branches in your area.
- ◆ Business and Professional Women New Jersey Foundation, Inc. Scholarship:
<http://www.bpwnjfoundation.org/career-awards.html>
- ◆ Junior League of Morristown Women Moving Forward Scholarship:
<https://www.jlmnj.org/?nd=scholarships>
- ◆ Soroptimist International Live Your Dream Award:
<http://www.soroptimist.org/awards/live-your-dream-awards.html>

Fastest Growing Jobs in New Jersey

Zipppia, the career expert website that provides job counseling, has published New Jersey's Fastest Growing Jobs for 2017, analyzing Department of Labor and Bureau of Labor Statistics data for jobs in New Jersey with more than 1,000 workers. The list includes their growth percentages over the past year, their average wages and the number of jobs estimated to be available in each profession in 2024.

Here are the top 20:

Home Health Aides: 44.97% / \$23,020 / 51,000

Operations Research Analyst: 36.28% / \$101,490 / 2,930

Physical Therapist Assistants: 35.94% / \$62,490 / 1,740

Physical Therapist Aides: 31.18% / \$26,870 / 4,880

Physical Therapists: 29.44% / \$95,150 / 9,760

Nurse Practitioners: 28.18% / \$111,090 / 4,230

Ambulance Drivers and Attendants, Except Emergency Medical Technicians: 26.92% / \$25,910 / 1,650

Physician Assistants: 26.09% / \$109,310 / 2,320

Occupational Therapists: 22.87% / \$89,960 / 4,620

Helpers-Electricians: 22.73% / \$30,350 / 1,620

Optometrists: 22.22% / \$114,620 / 1,210

Diagnostic Medical Sonographers: 22.17% / \$73,760 / 2,480

Health Technologists and Technicians, All Other: 21.84% / \$49,790 / 3,570

Massage Therapists: 21.82% / \$44,290 / 8,710

Cardiovascular Technologists and Technicians: 21.74% / \$71,210 / 1,120

Opticians, Dispensing: 21.68% / \$50,860 / 1,740

Phlebotomists: 20.7% / \$36,000 / 5,890

Brickmasons and Blockmasons: 20.63% / \$60,660 / 2,280

Web Developer: 20.28% / \$70,070 / 3,440

Personal Care Aides: 20.2% / \$28,080 / 12,140



For the complete list, go to: <https://www.zipppia.com/advice/fastest-growing-jobs-in-new-jersey/>

Upcoming Events

October

10/6/17 - How to Stand Out with Potential Employers

10/10/17 - Excel 2 Computer Class Starts

10/13/17 - Empowerment! Workshop Starts

10/20/17 - Mediocre to Magnificent: Believing You Can Have the Position You Want

10/24/17 - Word 1 Computer Class Starts

November

11/3/17 - LinkedIn: Hands-on Tutorial

11/7/17 - Word 2 Starts

11/17/17 - Get Unstuck: The 5 Steps to Your Transition

December

12/1/17 - Communicating for Success

Call or Email to register | Phone: 973-328-5025 | Email: womenscenter@ccm.edu

Other Learning Opportunities

Computer Lab is our one-to-one tutoring program. Our knowledgeable volunteers can help you with: Microsoft Outlook, Word, Excel, PowerPoint, Publisher and Access. LinkedIn, Job Board Profile and Quickbooks.

Legal Clinic is a free half-hour consultation with an attorney, regarding divorce/family law.

Legal Workshop series can help with topics that include the divorce process, collaborative divorce, the Case Information Statement, equitable distribution and much more. The next workshop will be planned for October - November 2017.



Did you know the Women's Center offers supportive counseling?

- Coping Strategies
- Decision Making Skills
- Self-Esteem Building
- Stress Management

Call today to schedule an appointment: (973) 328-5025

SUPPORTIVE COUNSELING

Mission Statement: *Serve the varied needs of displaced homemakers in their quest for economic self sufficiency.*

Women's Center Newsletter

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Phone: 973-328-5025 | Email: womenscenter@ccm.edu | Web: www.ccm.edu/womenscenter

Staff

Jaime Simon	Director
Charlene Armstrong	Intake Specialist /Counselor
Patty Borowski	Legal Program Administrator/Administrative Assistant
Maureen Haggerty	Career Counselor
Kathy Vincelette	Career Coach

The Women's Center at CCM is a nonprofit organization serving women in transition. It is sponsored by the **County College of Morris**. The program is funded by the **NJ Division on Women**.