

**November 2021**

### **Welcome Michele Johnson, Career Counselor!**



Michele brings to The Women's Center not only her formal education in counseling and career coaching, but over 20 years of experience in business, academic and hospital settings. She received her Master's degree in Counseling and her certification in Adult Career Development from New York University and furthered her education by obtaining post-Master's credits in Counseling Psychology at Lehigh University. Michele has also earned certificates in both life purpose and life transitions coaching. She is currently an active member of the National Career Development Association and is a Certified Professional Coach.

As a career coach and counselor, Michele has helped individuals develop strategies to find work that is aligned with their unique strengths, skills and interests. In addition to helping individuals discover and explore their career options, she has also helped them improve their networking, interviewing and resume writing skills. She has facilitated job-search groups, created workshops for career changers and led a seminar on career issues facing diverse populations.

Michele says, "It is my joy to help individuals who would like to find meaningful work figure out what they would like to do next. For this reason, I am very excited to have the opportunity to join The Women's Center at CCM as the career counselor. When I first met The Women's Center team, I was quite impressed with their dedication and enthusiasm for serving the displaced homemakers within the community and I look forward to working with them to help our participants move forward in a new direction."

### **CCM CARES**

Have you been impacted by COVID 19? Do you need financial support to take classes at CCM? You may be eligible for CARES funding. CCM CARES funds are available to help support those impacted by COVID-19. CARES Act grants, which are free and do not need to be paid back, can be used to assist with a wide range of costs such as tuition, rent, utility bills, child care, computers, WiFi and more. Awards are based on the dollar amount requested and documented proof of hardship. Standard award amounts may range from \$150 to \$1,500, not exceeding \$3,000 annually. CARES funds can be used for either Workforce Development classes or credit classes offered through CCM. They can also be used to pay off outstanding balances you have with the college. For more information on the CARES Act grant and how to apply, check out the FAQ page [HERE](#), or contact The Women's Center. (<https://www.ccm.edu/admissions/financialaid/ccmcares>)

To view classes offered through CCM's Center for Workforce Development, click [HERE](#). (<https://www.ccm.edu/workforce/>)

## Meet the 2021 Ruth Hill Memorial Scholarship Winner

The Ruth Hill Memorial Scholarship, offered through the Roxbury Woman's Club, is a scholarship that has been set up in honor of Ruth Hill. A long time resident of Morris County and active member of the Roxbury Woman's Club for over 45 years. She was instrumental behind the scenes in raising funds for many charities, scholarships and social service projects in the community. Each year the Roxbury Woman's Club accepts applications from The Women's Center participants and awards a scholarship to a woman who is looking to upskill or begin a new career. For more information on the Roxbury Woman's Club check out their website at <https://www.roxburywomansclub.org/>.

For fifteen years, Jennifer was a stay at home mom. She did so proudly and raised four young girls into smart, driven young women. Three of them are currently in college and the fourth is a senior in high school well on their way to a successful future. Like many who make the decision to stay home, raise, and care for their families, Jennifer was dependent upon her husband's income. She never felt ashamed of it, but at 56 years old, she found herself facing divorce and needing to make changes in her life in order to become financially independent.



Jennifer held various jobs through the years including waitressing, bartending, designing newspapers, and managing a Clinique counter in Macys, but the one thing she really loved to do was sew. Therefore, five years ago, Jennifer opened her own sewing shop. It was small and she liked the flexibility of being able to work part time, care for her daughters at a moment's notice and continue with her many volunteer commitments. The set up was perfect for her at the time. However, she is currently going through a divorce, her shop is insanely busy and she does not have the necessary organizational, business and social media skills to grow her business into something where she can become financially independent.

Jennifer applied for the Ruth Hill Memorial Scholarship and won. She will be using the scholarship to pay for a WordPress and an Excel course offered through CCM's Center for Workforce Development to help her expand her business. She hopes to hire additional workers and offer more services in her shop. In addition to alterations and repairs, she would like to offer individual and group sewing lessons, design and re-design clothing to sell and use social media to share her creations.

Jennifer is excited and ready for this next chapter in her life where she can prove to herself and others that she can grow a successful company. Jennifer says, "It's my turn to show them and everyone else in the world that I can be a successful, independent professional business woman who can bring creativity and a skill to men, women and children through sewing. I just need to learn, grow, educate myself and watch it happen. I believe knowledge is power and the more I learn the better I will be."

## Are You Visible? By Career Coach, John Hadley

I was talking with a colleague about our experiences with virtual speaking during the pandemic. Without prompting, she brought up one of my pet peeves – people who participate without turning on their video cam.

Her concern was how it felt speaking to blank screens.

I had an experience recently where I was speaking at a conference (by Zoom) in a highly interactive session, and the majority of attendees did not have their cams turned on. I agree that it can be disconcerting, and even distracting, as you wonder if you are reaching them.

What those people don't realize is the impact that invisibility has on their professional reputation with other people at the event. At the very least, it ensures they do not get the full potential reputational benefit from the event; at the worst, it actually causes them harm (and they won't even realize it).

Think about what others at the event might think when they see a blank cam, or a name with no cam listed:

- ◆ Is Jacob really there? Is it someone else?
- ◆ What is Julia doing?
- ◆ Is Jacqui multi-tasking, and not really engaged in this session / event?
- ◆ Does Ahmed not really care about this topic / session / event?
- ◆ Does Victoria think she's too important to actively participate?
- ◆ Is Hiram embarrassed by what we might see on his cam?
- ◆ Does Maria not know how to get the technology to work? Or not have a cam?



I'm sure you can think of other possibilities.

It doesn't matter if any of those things are true, or if the characterizations are fair. All that matters is the thoughts you have put in others' heads, and how they are going to react to you based on those.

In my colleague's case, her immediate reaction was that those were people she would not be inclined to connect to any of her own contacts. And I would generally agree.

People are always judging what they see and hear from you in determining whether you are someone:

- ◆ With whom they want to build a relationship.
- ◆ To whom they would like to offer help.
- ◆ They would be willing to connect to others they know.

If I have concerns about how you conduct yourself at an event (valid or not), how can you expect me to potentially put at risk relationships I have with others, and my professional reputation, by connecting you with those I know?

In fact, you might expect exactly the reverse.

If you have a habit of going to events without turning on your cam, it's going to be noticed, and over time there's a risk of others comparing notes, so that your (impaired) reputation spreads further.

This reminds me of an extreme case I encountered years ago, of someone who was extremely smart, but took no care of her appearance at networking events. She also asked questions at those events that were very negative, and regularly posted rants about her search to the groups. She quickly became widely known in those groups, with a very poor reputation.

By the way, here's another way you can become invisible: by using something other than your name as your 'profile name' that shows up at the bottom of your cam screen. That will also create some head trash, plus, it will make it much harder for people who might have been so inclined to keep in touch going forward.

**Don't be Invisible!**

John is a popular speaker and author on career and career search topics. In fact, he will be leading a 3-Part Interview Skills Bootcamp for TWC's November Job Club! John publishes his own monthly *Career Tips* Email newsletter for over 9,500 subscribers, each month bringing expert advice on marketing yourself for a career search, and for accelerating your career growth. You can find that and a variety of other resources on his website at [www.JHACareers.com](http://www.JHACareers.com).

# Upcoming Events



Job Club Speaker Series: Interview Skills Workshop - Part One with John Hadley  
November 4, 2021 | 10:30 AM- 12:00 PM

Divorce Workshop: Post-Judgement Relief and Estate Planning  
November 4, 2021 | 7:00 PM - 9:00 PM

Job Club Speaker Series: Interview Skills Workshop - Part Two with John Hadley  
November 11, 2021 | 10:30 AM- 12:00 PM

Divorce Workshop: Financial Aspects of Divorce  
November 11, 2021 | 7:00 PM - 9:00 PM

Job Club Speaker Series: Interview Skills Workshop - Part Three with John Hadley  
November 18, 2021 | 10:30 AM- 12:00 PM

Job Club Speaker Series: True Colors Personality Assessment with Edith Nelsen  
December 2, 2021 | 10:30 AM- 12:00 PM

Job Seekers Support Group: Look Your Best with Pat Etzin & Laurie Gaulkie  
December 9, 2021 | 10:30 AM- 12:00 PM

LinkedIn Tutorial: How to Set Up Your Profile  
December 16, 2021 | 10:00 AM- 12:00 PM