



Speaker Series

SATURDAYS WITH SANDY

HOW TO BUILD EMOTIONAL RESILIENCE IN TIMES OF UNCERTAINTY

WEDNESDAY, SEPTEMBER 2ND AT 7 PM

Featuring speaker:

Ally Nathaniel

Leadership and EQ expert, AN Consulting

Ally will teach the 5 steps to:

- Build emotional resilience
- Develop healthy coping mechanisms
- Maintain balance during stressful times

"THE SALARY QUESTION" HOW DO I ANSWER AND PROMOTE MY VALUE?

SATURDAY, SEPTEMBER 5TH AT 9 AM

Featuring speaker:

Janelle Razzino

President, Razzino Associates

Janelle will discuss:

- What do you want?
- What is your value for the next position - what do you bring in experience?
- If you have to negotiate DOWN, it's NOT the right position or level.



Register via Eventbrite at
ywcanj.eventbrite.com

For more information, contact
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Thank you to our funders:

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