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 ywcannj.eventbrite.com

For more information, contact Sandra at sbleckman@ywcannj.org

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