



## Center for People in Transition

Achieving personal and  
professional self-sufficiency

[RCSJ.edu/PIT](https://RCSJ.edu/PIT)

## It's Never Too Late!

Paula Fischer, mother of six and recent HiSET graduate, knows that it's never too late to achieve your goals! In addition to obtaining her N.J. high school diploma, she will also be graduating with an A.A.S. in Health Science this summer. **Congratulations, Paula!**



No matter what stage of life you are at, if you are interested in furthering your education — whether it be by earning a high school diploma, a certification, or a degree — please reach out to People in Transition to explore possible funding options, career services, and community resources.

## From the Director

The Center for People in Transition would like to take a moment to celebrate the success of Paula Fischer. We are extremely proud of Paula for her resilience and for the barriers she overcame to further her education. We cannot wait to see the great things she will go on to do!

It's never too late to enhance your career skills and work towards your dream career path. What's holding you back? Technology? Financial limitations? Whatever it is, I encourage you to visit the Center for People in Transition. We offer beginner to advanced computer classes and career related workshops that will help you build your professional brand and become a more competitive job candidate. We can help you navigate available scholarships and grants to obtain your desired certification and will link you to community resources that can assist you in other areas of need.

We look forward to supporting you as you work to create your own success story.

*Crystal Torres*

# PEOPLE IN TRANSITION WORKSHOPS SCHEDULE

All workshops are open to the public, ages 18 and older. *Registration is mandatory.*



## Rent, Buy and Sell Your Home

Are you considering moving? Do you feel overwhelmed by the thought of preparing your home for the market? Are you a first time homebuyer? Are you looking to rent? In this workshop, you will learn about home renting, buying, and selling. We will explain each role to make the process easy and successful.

*Presented by*  
*Samantha Grundlock, Realtor*  
**Mon., Jul. 10, 2023;**  
**6–8 p.m. (VIRTUAL)**

## Intro to Digital Marketing

This workshop is designed for those interested in obtaining the required qualifications for a career in digital marketing. The topics covered include an overview of digital marketing, how it is used, careers in the field and their required qualifications, Google Analytics, Facebook certifications, and internship-supported academic programs offered at RCSJ. There is also a hands-on activity component that involves creating a LinkedIn account and connecting with the instructor and other participants.

*Presented by*  
*Irena Skot, Assistant Professor*  
**Wed., Jul. 19, 2023;**  
**6–8 p.m.**

## Skills for the Office Professional

Office professionals are at times professional jugglers handling details and challenging situations simultaneously. These multi-taskers keep things balanced while supporting the efforts of many different levels of management, staff and customers. Positive interactions with others, goal setting, and organizational and time management skills will enhance job performance and satisfaction. Come join us to learn how to best use your abilities, how to be a professional presence on the job, and how to become the “go to” individual at your place of employment.

*Presented by*  
*Amy Charlesworth, PIT*  
**Mon. Aug. 14, 2023;**  
**10 a.m.–12 p.m.**

## What Kind of Speaker are You?

This workshop will help you to define and develop your speaking ability—no matter your current comfort level. You will receive tips & techniques to speak virtually or in person and make a lasting impact on the lives of all who hear you.

*Presented by*  
*Amber Bonnet,*  
*Certified Life Coach & Business Owner*  
**Tues. Aug. 29, 2023;**  
**6–8 p.m.**

## Introduction to Computers

This is a hands-on, 40-hour computer course covering Microsoft Word, Excel and Power Point.

*Presented by*  
*Amy Charlesworth, PIT*  
**Fridays, Sept. 8 — Nov. 17, 2023;**  
**10 a.m.–2 p.m.**

## The Skill of Accountability - Taking Responsibility For Yourself and Your Life

We all sometimes make mistakes, make bad choices, and blame other people or circumstances for our situation. The key to changing yourself is learning to take responsibility for your attitude, reactions and actions. Learn the mindset of accountability and develop the skills and tools to start you on your way.

*Presented by*  
*Sharon Roth-Lichtenfeld,*  
*Certified Professional Life Coach*  
**Wed. Sept. 13, 2023;**  
**6–8 p.m.**

## Resume and Cover Letter

Learn how to create the perfect resume and cover letter to show prospective employers that you are the ideal candidate for the job! If you have a resume/cover letter, send it to me at [acharles@rcsj.edu](mailto:acharles@rcsj.edu) so I may review before class. If you do not have a resume, feel free to request a personal data form to guide you through creating one.

*Presented by*  
*Amy Charlesworth, PIT*  
**Tues. Oct. 3, 2023;**  
**10 a.m.–12 p.m.**



Workshops will be held in person at RCSJ unless noted otherwise.

## Cultivating Hope To Build Resilience in the Face of Setbacks

Life is tough and we all face setbacks from time to time. We must have a healthy mindset in order to face and overcome life's setbacks. Hope allows you to face the adversity and overcome the obstacle before you. In this workshop you will learn new tools and simple strategies to build your hope and resilience.

*Presented by  
Sharon Roth-Lichtenfeld,  
Certified Professional Life Coach  
Wed. Oct. 18, 2023;  
6-8 p.m.*

## Budgeting 101

This workshop will provide information on the purpose and importance of having a budget, including how to create the budget and how to use it as a monthly tool to stay on track and achieve financial goals. We will talk about fixed and variable spending, distinguish between essential and non-essential purchases, explore short-term and long-term savings, and examine the use of credit in our lives.

*Presented by  
Amber Bonnet,  
Certified Life Coach & Business Owner  
Tues., Nov. 7, 2023;  
6:30-8:30 p.m. (VIRTUAL)*

## iPhone and iPad 101

In today's world, smart devices are essential for everyday life, for both personal and professional use. Each device is different and has a wide range of functions that can make navigating them confusing at times. In this workshop you will learn the inner workings of iPhones and iPads so that you can better understand their many functions.

*Presented by  
Amy Charlesworth, PIT  
Tues. Dec. 5, 2023;  
6-8 p.m.*



***facebook.com/  
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## People in Transition

Rowan College of South Jersey  
1492 Tanyard Road  
Sewell, NJ 08080

856-415-2222

**RCSJ.edu/PIT**

*peopleintransition@RCSJ.edu*

**Center for People in Transition  
is dedicated to assisting  
displaced homemakers  
as they work to  
become self-sufficient**

- Have you lost your major source of financial support due to separation, divorce, death, or disability of a spouse?
- Are you emotionally and vocationally unprepared to enter the job market?
- Are you unemployed or underemployed?
- Are you unaware of needed support and referral services?

### **One-on-one services include:**

- Support for separated, divorced, and widowed individuals
- Individual interviews to determine needs
- Referrals to community resources
- Computer literacy
- Career counseling
- Information on returning to school or seeking job training
- Job search skills, including resume writing and interviewing techniques
- Assistance with job leads

**Call 856-415-2222  
to see if you qualify!**

# Thank You to All of Our Financial, Pro Bono and Pay-It-Forward Supporters

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If you would like to make a donation to the Center, please send it to:

**People in Transition  
 1492 Tanyard Road  
 Sewell NJ 08080**

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