

Absolute Abby

Presents

Career Wake Up Call

May 4, 2011

On Career Wake Up Call on May 3rd, learn three reasons why it is absolutely necessary that learning be a daily part of your routine as a job seeker. Sign up for the call today. And then send any job search questions that are keeping you awake at night.

When:

May 3, 2011
8:00PM

Register online at CareerWakeupCalls.com to reserve your spot on the next conference call



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Job Fair Brings Record Turnout

The Parsippany Area Chamber of Commerce (PACC) focuses on Community & Economic Development (CED) to foster a positive business and residential climate throughout the twelve zip codes serviced by the Chamber. April 27th marked one of those key initiatives at the Meadow Wood Manor on Route 10 in Randolph where the PACC 3rd Annual Job Fair welcomed over 550 superb quality job applicants and over 40 hiring companies including: Adecco, ADP, Affinity Federal Credit Union, Aflac Insurance, American Financial Resources, Atlantic Health Care, Cablevision, Centenary College, Century 21, Cardinal Enterprises, Coca Cola, Coldwell Banker Residential Brokerage – Parsippany, Comcast, County College of Morris, Embassy Suites Hotel, Entrepreneur's Source, Five Below, Kraft, Langdon Ford Financial, Liberty Mutual, Macy's, Maverick Funding Corp., Morgan Stanley Smith Barney, New York Life, Northwestern Mutual / Olson Financial Group, Parsippany-Troy Hills Public Library System, Paychex, PNY Technologies, Prudential, Residential Home Funding, Rite Aid, TD Bank, The Provident Bank, TMP Direct, UPS, US Army, US Navy, Valley National Bank, Walmart, Zidster.

Coordinated by Craig Schlosser, PACC Executive Director and volunteer, this particular Job Fair represented an Employment Outreach initiative inclusive with career panel and a session on Using Social Media in Your Job Search – all free to attendees, including complimentary coffee and soft drinks.

Said Schlosser, "This is our third year hosting this event and it is increasing in attendance and opportunity. My thanks to our committee for their help and to all the companies that contributed so much to make this a great function."

"I received feedback from a few job seekers that this event has restored hope and renewed their enthusiasm because of the friendliness and optimistic attitude of the hiring managers from participating companies," added Chamber President and volunteer Robert J. Peluso.

Attending for the first time was almost a dozen students from Roxbury High School who hoped to experience first-hand the job search. More than just the current workforce, these teens are an example of the PACC Employment Outreach commitment to future workforce. This community-centric focus was underscored by the support of guest Eva M. Fernandez from the NJ Department of Labor and Workforce Development.

The Parsippany Area Chamber of Commerce is a self-sufficient organization totally funded by membership dues, contributions, and funds raised through programs/events. Contact: (973) 402-6400 <http://www.parsippanychamber.org>.

Fighting Feelings of Low Self Esteem

We are engaged in an unprecedented period in which it is exceedingly difficult to find a job. In some cases the job you had or the field you worked in simply no longer exists. In other cases you have been working in a field and suddenly find yourself kicked out of your safe haven. The traditional channels such as recruiters are less effective. Perhaps you were less active in building relationships with peers, management and vendors, and now it's hard to make the necessary contacts. Perhaps you have taken many steps you were advised to by the job bank and the interviews you had were all dead ends. You are confused by a game with rules you still haven't figured out. The brave, confident, and articulate you is a faded memory. You are feeling dejected and hopeless. Congratulations, you have reached the point where you are ready to take serious action.

Signs of low self esteem:

- I have little value.
- I am a victim and whatever I do now I'm going to lose.
- I am in conflict and frequently thinking negative thoughts.
- I am focused on my problems and I'm out of answers.
- I feel defensive.
- I feel isolated and indifferent.
- I tend to judge myself harshly.
- I feel like a failure.
- I have anxiety and emotional pain.

What to do in order to fight back?

- Remember who you are really. Acknowledge the way you feel and communicate it openly.
- There is always hope. It is possible to change your life because you are a learning machine.
- Remember you are now offering value to other people. Start to acknowledge and validate yourself and stop thinking and doing things that are harmful.
- You are unique. There is no one on this planet that is special in the same way you are. Comparing yourself to other people is a recipe for self-defeat.
- Take a look in the mirror and see how you look. The expression on your face; your posture, and the energy you project all must be raised to a higher level.
- Tape record your voice and listen to how you sound right now. How is it different from the positive and enthusiastic voice you express during good times?

- *"What you focus on expands."* Remember it and practice it always. Be present and focus on what you want, what's right for you and on solutions.
- Create a picture of the career that's right for you and select just a couple of important objectives. Make a list of activities that will support accomplishing those objectives. Take action.
- Think about what's really important to you in terms of the person you represent with your thoughts, feelings and actions. How does the low self esteem behavior represent the real you? How will you get your thoughts and actions back into integrity with the real you? Take action with small steps to get yourself into the game.
- As you begin treating yourself with care, concern, and love, add in an equal measure of self-discipline. They are the perfect blend to achieving self-esteem.

The Bottom Line

The task of raising your self-esteem means becoming excited about your life again. It means recognizing that there will be good times and bad times. It's important to experience the bad times as a chance to learn and grow. Everything in life has a purpose. When times get rough discover what the purpose in what's happening and then focus on solving the riddle.

*Neil Cooper
Certified Professional Coach
Energy Leadership Master Practitioner
ncooper@CooperLeadershipCoaching.com
<http://www.cooperleadershipcoaching.com/>*

Century 21 Cardinal

Presents

Career Seminar May 4, 2011

Century 21 Cardinal has openings for 2 residential sales agents, and, will be holding a Career Seminar to showcase the benefits of this opportunity. In 2010, Century 21 Cardinal agents averaged 50% More Units, and, 33% More Volume, than the Average Agent in the entire Garden State MLS.

When:

May 4, 2011

Where:

979 Littleton Road
Parsippany, NJ 07054

Contact Information:

Chuck Revels
Director of Career
Development
(973) 267-9500, ext.
502

HOT JOB OPENINGS

Job Opening 1:

Payroll Clerk - Wayne, NJ
Job Order #: 11471 Temporary Job

RESPONSIBILITIES:

- Monitor phone lines on 800 number for payroll questions and W-2's
- Process termination garnishment letters for terminated Team Members
- Open, sort, and distribute mail
- Filing payroll documents and updating current garnishment files to new filing system

SKILLS:

- Must be proficient in Microsoft Word, filing systems and highly organized and detailed
- Must have excellent customer service
- Must be able to work the duration of the assignment, with no interruption to schedule

Send Resumes to:
resumes@primetimepersonnel.com

Job Opening 2:

Recruiter - East Hanover, NJ
Job Order # 11466 Temporary Job

RESPONSIBILITIES:

- Recruits, interviews and recommends placement of candidates from both internal and external sources
- Maintains effective working relationships with all levels of company management to ensure adequate coverage of human resource needs
- Consults with management to identify and recommend the most qualified candidates
- Extends offers to selected candidates and may arrange for relocation
- Stays informed of developments in wages and salaries, employee benefits and general human resource policies

SKILLS:

- 5-7 years of relevant work experience
- Previous pharmaceutical Industry experience
- Knowledge of applicant tracking systems such as Brass Ring

EDUCATION: College Degree preferred

Send Resumes to:
resumes@primetimepersonnel.com

Meet the Board

Robert J. Peluso, MBA
President

Alan S. Golub Esq.
Legal Counsel

Lisa Montalbano
Board Secretary

Craig Schlosser
Executive Director

Frank L. Cahill
Executive Board Member

Board of Directors:
Judith Laaksonen
Ildiko Peluso
Sergio Lorenzo
Rick Wasserman

CALENDAR OF EVENTS

Parsippany Area Chamber of Commerce Events:

<u>Date</u>	<u>Event</u>	<u>Location</u>
Friday, May 13, 2011	Early Bird Networking: Breakfast with the Board	7:30am-9:00am at The Provident Bank 401 Smith Road, Parsippany, NJ
Monday, June 13, 2011	PACC Annual Barbeque	TBD

For more information visit our website: <http://www.parsippanychamber.org>



View videos from the 3rd Annual Job Fair at:
www.employmentoutreach.org
www.youtube.com/ParsippanyChamber



Parsippany Area
Chamber of Commerce

12-14 North Beverwyck Road
Lake Hiawatha, NJ 07034
Phone Number: 973-402-6400
information@parsippanychamber.org
www.parsippanychamber.org