



# BizETurtle Bulletin

## BizETurtle:Events in Monmouth

### FREE WORKSHOPS

Eastern Branch--Shrewsbury Library

1001 Hwy 35, Shrewsbury

Info: 1-866-941-8188

Friday, August 7

11:30AM--1:00PM

### Investment Ideas for Today's Volatile Markets

This free workshop will cover the current market environment. The presenters will outline several tactical investment ideas and risk management strategies as they pertain to fixed income, equity, commodity, currency, and alternative investment positions.

Participants should expect to leave with several actionable ideas for their taxable portfolios, 401k plans, IRAs, and IRA rollovers. Presented by Morgan Stanley, Red Bank.

Tuesday, August 11

6:30PM--8:30PM

### Learning How to Market Your Job Skills

This free workshop on job search skills will cover resume writing, interview skills, and job search pointers. Individual resumes will be critiqued at the end of the session. Helene Kugit of HGK Executive Consulting will be the presenter. A Worthy Cause, an emerging grassroots organization dedicated to performing community service, is the workshop sponsor.

Monday, September 21

### Breathe Outside the Box: Reduce Stress and Have Fun!

7:30PM--8:30PM

Effective and fun stress management tips, relaxation techniques, as well as yoga stretches are all part of this workshop presented by Makin Family Chiropractic and Wellness Center, Red Bank.

Tuesday, September 22

### Creating Customized Lists of Potential Employers Using Business Directories

10:00AM--11:00AM

Learn to use library business directories (in print or online) to create lists of potential

employers according to such criteria as industry, location, size, occupations hired, products produced, or services offered. Then print out lists with addresses, homepages, telephone, and contacts. Presented by the Monmouth County Library's Career Information Center.

Tuesday, September 22

### Ready, Willing, and Able: Making Positive Financial Change

6:00PM--8:30PM

Ready, Willing, and Able - Making Positive Financial Change is a program designed to help participants address the underlying elements that create financial problems.

It utilizes a technique called "Interactive Journaling." This technique was developed by the Change Companies for MMI and is modeled after a program that has been very successful in helping individuals change behaviors and habits, such as dependence on substances, smoking, and overeating. At the end of the program each participant will have completed 35 separate journaling activities and assessments.

This free workshop will be presented by Money Management International Consumer Credit Counseling Services, Tinton Falls.

Wednesday, October 14

### Resume Solutions Workshop

1:00PM--3:00PM

Lois Gilbert, owner of Word-Smith, and a member of the Professional Association of Resume Writers, will be conduct the Resume Solutions Workshop. The workshop will present the tools to create a skillfully crafted resume that makes a powerful first impression within the first 10 seconds.

In today's challenging job market, jobseekers need every advantage possible.

Whether following the same career path or transitioning into a new career, by using the resume as a marketing tool, attendees will learn how to analyze their work history and showcase their strengths and competencies. The resume will say, "Here I am and this is what I can do for you".

During this hands on workshop, attendees will create a focused resume that will effectively emphasize skills and achievements and be noticed by prospective employers. These will not be "cookie cutter" resumes based on templates but produced for each individual.

This information was found on the Monmouth County Library website.

About BizeTurtle:Events in Monmouth

A website and e-newsletter of events and so much more of things to do and ways to learn right here in Monmmouth County

Presented to you by, Lynn Humphrey

A sister, friend, aunt, mother, great aunt, active volunteer, road to recovery driver for the American Cancer Society, HIV & AIDS activist, Environmental Chairperson of NJFC, Editor of New Jersey Friends of Clearwater E-Newsletter, Reporter & Photographer of Park City Times News Online ([www.parkcitytimesnews.com](http://www.parkcitytimesnews.com)), Vice President of Jersey Shore Incubator and so much more

**BizeTurtle:Events in Monmouth**

Lynn Humphrey  
Administrator

