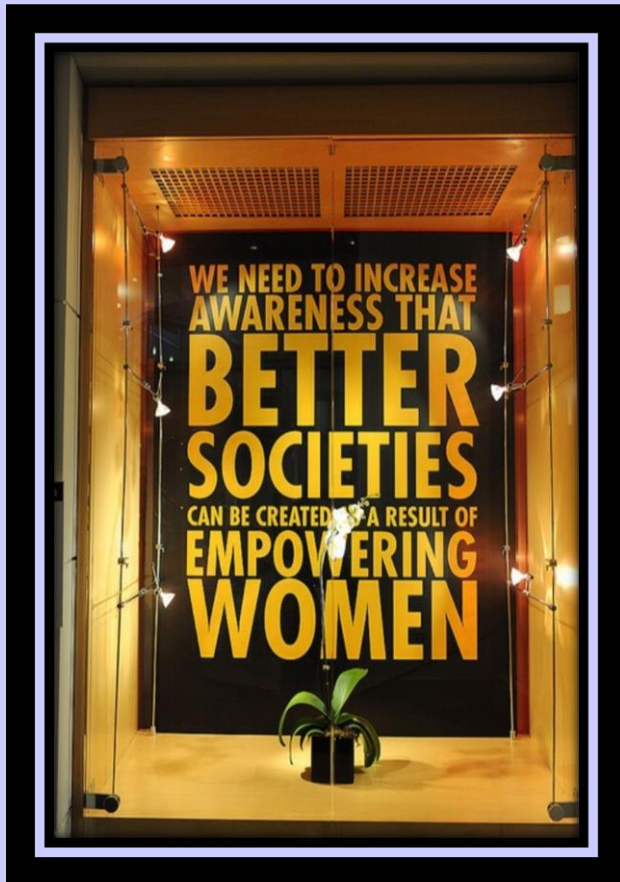




NATIONAL EMPLOYMENT COUNSELING ASSOCIATION NEWSLETTER

March 2021

NECA is a division of the American Counseling Association and was founded in order to enhance employability and workplace interventions. NECA supports equal pay for women!



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IN THIS ISSUE

International Women's
Day
Career Recovery
Employment
Wisdom

ACA President

Sue Pressman, Ph. D.

International Women's Day



Dr. Sue Pressman, current ACA President and a NECA Past President was invited to present at the *International Conference on Student Engagement, Wellbeing, Holistic Development & The "New Normal"* sponsored by Amity University, which is India's highest ranked nonprofit university.

Our Sue represented the United States as a distinguished speaker by opening the conference with a keynote that focused on *Holistic Development in University Students*. She also participated by delivering an educational session and served on an international panel where she highlighted the interventions the U.S. is implementing to address the educational challenges of students and educators in higher education during the pandemic.

On January 22, 2021, the international conference brought together a world-wide (Africa, Asia, Australia, Europe, North America, South America) group of university presidents, chancellors, deans, leading academicians, and scholars to exchange and share their experiences and research on all aspects of the present and future perspectives, in Higher Educational Institutions. It also provided a platform for policymakers, researchers, practitioners, and educators to present and discuss the most recent innovations, trends, and concerns, as well as practical challenges encountered, and solutions adopted on these important global issues.

As a special tribute to the peoples of the world, during the opening keynote, Lianna, a musical artist and Sue's daughter, debuted her brand new song, *Can't Stop Now*. The song was especially relevant because it sends a message of perseverance in the face of challenge. Lelerose.com

Of special note, when Sujata learned that Sue was to be a presenter for the virtual conference in India, she sent her a surprise gift of a beautiful scarf and bindi which Sue proudly wore for the presentations.

Greetings NECA News Readers:

I wanted to take this opportunity to share with you as a Career and Employment Counselor, and this year's ACA President, why I would love for you to attend this year's first-ever ACA Virtual Conference Experience (VCE) beginning April 5, 2021-May 31, 2021. There are many benefits, but let me give Dr. Sue's top 5.

1. The opportunity to ***enhance your knowledge and continue your lifelong professional counseling career development*** by coming together in new, creative, inclusive and diverse ways with colleagues from within the United States and across the globe. There is something for everyone from everywhere. I can't wait to see what our creative NECA family is presenting.
2. For those of us who need to earn CEUs, this is an unprecedented opportunity to attend more presentations than ever before in a short and yet expanded window of time. The conference is open for TWO MONTHS. You may attend as many sessions as you want and earn a lot of CEUs.
3. An *expanded group of renowned and top-notch keynote speakers!* The combination of counseling gurus, motivational messages, and career and business-minded presenters is very rare to find in one conference for an extended period of time.
4. An accessible conference that honors all of us from wherever we are at any stage of life and career. This comprehensive conference exemplifies the concept of life/long learning and has something for everyone everyday with built-in flexibility.
5. You will be inspired! I love that professional counselors have used tenacity and stretched their skills to create and persevere during the challenge of COVID-19. The silver lining---the pandemic has shown that we are resilient. That's pretty phenomenal!

The ACA VCE WELCOMES EVERYONE TO THE CONFERENCE and this year will prove to be spectacular!

[ACA Virtual Conference Experience](#)

- Virtual Conference Experience: April 5 - April 30, 2021
- On-demand Education: April 5 - May 31, 2021



PRESIDENT OF NECA

CAROLYN GREER, ED. D.



In the classic 1939 movie, *The Wizard of Oz*, Dorothy tells her dog, “Toto, I have a feeling we are no longer in Kansas. We must be over the rainbow!” I think that is a great description of what 2020 has been for all of us. 2020 has been an incredible year, and will be remembered as a year with many challenges! We all became aware of a pandemic that changed the ways we do and have done business for years. Now that several virus vaccines have been approved, we are all working to find a way to get back to “normal” or, as some remind us, that it will probably be a “new normal”. Will Dorothy (or you) know if it is Kansas, the Land of Oz, or somewhere new?

Waiting until things “get back to normal” isn’t the answer because life rarely returns to the way it was previously. Instead, we must improve our ability to manage life transitions. Transitions appear as psychological; it is internal; it’s what happens in people’s minds as they go through change. What previous transitions have you encountered in your life, and how did you respond? This can mean difficult situations and different pathways which can lead to reinvention of careers, personal lives or even numerous aspects of ourselves. What have we learned about ourselves in this pandemic? The world does not look the same, and, in turn, maybe our goals no longer are the same. The past year has been loaded with major transitions. Many transitions may be necessary to move forward. Research tells us the typical American will experience three to five life-altering disruptions that will leave the person unsettled for many years. Gail Sheehy (www.brainquote.com) tells us, “Changes are not only possible and predictable, but to deny them is to be an accomplice to one’s own unnecessary vegetation”, and likewise she adds, “If we don’t change, we don’t grow. If we don’t grow, we aren’t really living.”

Let’s consider some of the events that brought change this year: losses of relationship, changes in home life, personal changes, work and financial changes, and inner changes! Wow! What opportunities could be available! Some points have been identified:

1. *Accept that the transition is happening---and that it will be emotional.*
 2. *Create a ritual or tribute to mark the transition. i.e., party, awards, etc.*
 3. *Shed old mind-sets, routines, possessions...and even dreams.*
 4. *Find a creative outlet.*
 5. *Seek support from others*
 6. *Publicly unveil your new self. (Celebrate with a party, etc.)*
 7. *Rewrite the story you tell yourself about your life.*
- (Bruce Feller, Life is in the Transitions: Mastering Change at Any Age, Bottomline.Com, February 1, 2021).*

As career counselors, perhaps, we can keep some of these thoughts in mind as we work with our clients. Another thought on transitions comes from Helen Keller:

*When one door of happiness closes, another opens;
but often we look so long at the closed door
that we do not see the one which has been opened for us*

Let us find the door to our past, open the door to our future, take that deep breath and step through to the door to a new life. May the new normal offer us opportunities for new directions! NECA is looking to the future and is hoping you will join us. How about you?? What will your new normal be?

DIRECTOR OF PROFESSIONAL AFFAIRS, NECA

KAY BRAWLEY, PH. D.



You can be the Agent of Change to build a Better Workforce--Step Up to the Plate

The National Association of Workforce Development Professionals (NAWDP) invited the National Employment Counseling Association (NECA) to sign on to the National Skills Coalition's letter calling for **investments in workforce** as part of the recovery package. This is and has been the mission of NECA since inception in 1966 at the request of the US Dept of Labor among others, to provide training for support of skilled workforce. Please see the collaborative letter of stakeholders in the request to provide adequate funding to promote workforce in recovery programs and training.

Please use this communication to reach out to your Congressional and Senatorial Representatives in your states.

CONTINUED - go to the last page

PRESIDENT-ELECT, NECA

SUJATA IVES, PH.D.

<https://www.un.org/en/observances/womens-day>

The United Nations - Women in leadership: Achieving an equal future in a COVID-19 world

Women stand at the front lines of the COVID-19 crisis, as health care workers, caregivers, innovators, community organizers and as some of the most exemplary and effective national leaders in combating the pandemic. The crisis has highlighted both the centrality of their contributions and the disproportionate burdens that women carry.

This year's theme for International Women's Day, "Women in leadership: Achieving an equal future in a COVID-19 world", celebrates the tremendous efforts by women and girls around the world in shaping a more equal future and recovery from the COVID-19 pandemic.

It is also aligned with the priority theme of the 65th session of the Commission on the Status of Women, "Women in public life, equal participation in decision making", and the flagship Generation Equality campaign, which calls for women's right to decision-making in all areas of life, equal pay, equal sharing of unpaid care and domestic work, an end all forms of violence against women and girls, and health-care services that respond to their needs.

Five decades of advocacy means that the people in this world have been extremely patient and diligent! It's 2021... why are we still having to fight for equal pay? Someone please resolve this once and for all!



Common-Sense Leadership During Post-Pandemic Times

Some people say that common-sense is a luxury. Do you agree?

Digital dictionaries define common-sense as “Sound and prudent judgment based on a simple perception of the situation or facts”. “It gives rise to practical judgement necessary to live in a reasonable and safe way” state Van Holtthorn & Olson, 1987 in their book *Common Sense: The Foundations of Social Science*. Think about what has been the biggest business challenge that you have experienced during this global pandemic.

Taking the time to evaluate how things were done pre-pandemic world crises, and how things need be done post-pandemic is common-sense. Unfortunately, some leaders and organizations will miss this opportunity for social change, while others will have a dawning. The radical need for an evolved mind-set with exceptional responsiveness to global manpower and cultural effectiveness is of utmost importance during current world events.

Think back to the sweeping technological revolution that occurred a decade ago when a few leaders failed to embrace it. For example, leaders of the (bankrupt) bookstore “Borders” failed to realize the value of online products and services. They ignored the technological convenience of online ordering, reading, and listening. Today, you might wonder how they could have missed such a common-sense decision.

If you find yourself saying:

“We’ve always done it that way”.

“We’ve never done it that way”.

“We’ve done it this way in the past and that’s how we are going to continue to do things”.

If you are repeating such statements, then you will soon find yourself a dinosaur in a rapidly changing world; Because the only thing that is a constant is change.

That’s physics! Just ask Sasha Butler, MS, ABD and Dr. Sujata Ives.

Flexibility and adaptability are necessary for survival of the fittest; that is common-sense leadership.

Y.E.L.D.

Youth Engagement Leadership Development

www.yeld.online.com

Dr. Cheryl West

MARCH 2021
ISSUE NO. 3
www.yeldfacilitator.com

Dr. Cheryl West, MPA, M.Ed., Founder

YELD Empowering Solutions - YES Newsletter

COMING!
YES Special Edition
March 15, 2021

ABOUT US
OUR VISION IS TO IDENTIFY AND DEVELOP LEADERS WHO DESIRE TO MAKE A POSITIVE IMPACT AND DIFFERENCE. OUR MISSION IS TO EQUIP YOUTH & YOUNG ADULTS WITH SELF-ESTEEM, CONFIDENCE, MOTIVATION & LIFELONG SKILLS THROUGH POSITIVE MESSAGING WITH FACILITATORS WHO ARE AUTHENTIC, COMMITTED & TRANSFORMATIVE.

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HANNAH'S CORNER

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YELD Facilitator Certification
Rising Stars Ambassadors & YELD Emerging Scholars
Service Learning - Apprenticeships - Internships

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Leadership and the 'Self'

Fatima Rescynski, YELD Facilitator



In February, we celebrated Black History. In the UK we celebrated the SELF, the marginalized, and oppressed persons. At YELD our focus was self-awareness, self-efficacy, esteem, and self-love. But, when we are members of marginalized and oppressed groups, typified worries about the self, get in the way of us becoming our best selves. And if we can't be our best SELVES, how can we become effective LEADERS?

Marginalized and oppressed groups have intrapsychic conflict as we are often traumatized by our past experiences and let them impact negatively on our present and future. Traumatic experiences can take away self-esteem, self-love and self-efficacy and make us believe we don't have what it takes to become leaders.

Yet, 'leadership is everyone's responsibility. No one has permission to stand aside!' (Bowman, 2013). Every single one of us should take part in the formation of the leaders of tomorrow, because it 'takes a village', remember? So where do we start? We start with self-awareness.

Self-awareness makes us think, helps us control how we feel and act and helps us identify signs of internal and external conflict. When we become self-aware, recognize that our life experiences, both positive and negative, have meaning and can be used to have a positive impact on the lives of others. But knowing this is not enough, we need to do ACT. (to be continued)

2021 Rising Stars Student Ambassadors

Orientation - Saturday, March 27, 2021

For Information Contact
dr.cwest@cadre-consult.com



Y.E.L.D. Strives To Do Things Differently

Cole Tehran, YELD Apprentice

There is a famous saying that if you always do what you've always done, you'll always get what you've always gotten. This describes a trap many of us fall into when we don't challenge our underlying beliefs and goals. Many people who call themselves leaders are really followers because they follow established norms at the expense of progress. To be a true leader, you have to know when it's time to do things differently. In other words, it's time to exercise double-loop learning.

No two young people are the same, working with youth requires adaptability. When you engage in double loop learning, you can become adept in working with different categories of youth, young adults, and in general, all types of people. Additionally, you question what it means to be a leader and what young people really need from you.

BECOME A YELD FACILITATOR

The YELD Facilitator Certification is hands-on and competency based. Facilitators work with youth and young adults in all settings. The certification supports professional growth, shared learning, and resources to LEAD youth and young adults.

www.yeld.online

Hannah's Corner



'In our personal lives, if we do not develop our own self-awareness and become responsible for first creations, we empower other people and circumstances to shape our lives by default.' -Stephen Covey

March is here and with it brings a month of spiritual esteem. This time will be dedicated to cultivating a sense of awareness and understanding of who we are. We will learn how to become unstuck, develop a different perspective when it comes to others, and identify how to respond rather than react.

YELD
YOUTH ENGAGEMENT & LEADERSHIP DEVELOPMENT

FEYDESHIB DEAEFOHWEI
2021
Advisory Committee

Shaheerah Carmichael, MD
Candace Clark, MD
T. Dixon, NY
Eric Harris, MO
Sujata Ives, MD.
Jeri Keys, TX

- ☐ Liaison- Advisory Committee
- ☐ Fundraising
- ☐ YELD Facilitator
- ☐ Rising Stars
- ☐ Annual Conference -planning
- ☐ Contribute to Newsletter
- ☐ Blogging

Reverend Dr. Cheryl West, Exec. MPA

Social-Emotional Empowerment is not a one-stop-shop or quick fix, nor is it a new phenomenon. As educators, practitioners, coaches, teachers, trainers, instructors, pastors, parents, and youth ministers, we must identify and deploy practical & strategic solutions that include authenticity, commitment, and transformative learning. In other words, we must be ACTIVE in seeking strategic solutions that embrace, engage, and encourage today's youth and future leaders. The webinar explores the phenomena of social-emotional empowerment.

The objective of the webinar is to discuss realistic and real-time solutions for positive youth development. As the first of a two-part series, the discussions will focus on the following:

- A more in-depth look and underlying meaning of social-emotional empowerment.
- Challenges and complexities embedded in social-emotional empowerment.
- A philosophical framework that facilitates trust, purpose, and supports positive Social-Emotional Empowerment.

Please Note: Participation is limited to the first 15 Registrants.
https://www.eventbrite.com/e/yeld-social-emotional-empowerment-see-tickets-141787816175

www.yeldfacilitator.com

CADREYELD is a 501(c)3 Organization
Support Positive Youth Engagement & Leadership Development

Dr. Joseph Parks

SPARTANBURG CLERGY INITIATIVE Spartanburg City and Spartanburg County, South Carolina P. O. Box 6555 ~
Spartanburg, South Carolina 29304 * Office: 864-308-8771 January 17, 2021

My dear brothers and sisters, It was early last year when we were originally summoned together for the work to help eradicate racism, hatred, and violence because of our concern for the plight of this country. Once again, the 'time' calls upon us to support the principles and ideals of this country that have come under siege. What happened at the Capitol in Washington, D.C., and other places across this country harkens us back to the life, work, and words of Dr. Martin Luther King, Jr. whose birthday we will celebrate on tomorrow.

Dr. King said: I feel that non-violence is really the only way that we can follow because violence is just so self-defeating. A riot ends up creating many more problems [for the negro community] than it solved. We can through violence burn down a building, but you can't establish justice. You can murder a murderer, but you can't murder through violence. You can murder a hater, but you can't murder hate. And what we're trying to get rid of is hate, injustice, and all of these other things that continue the long night of man's inhumanity to man.

It is with these words in mind, that I ask you to seriously consider participating in the following three (3) events as your schedule will permit:

1. To celebrate the life and legacy of Dr. Martin Luther King, Jr., a product of the Christian church and an unapologetically Baptist preacher, our next two sessions will be a discussion of the letters, "A Call for Unity" and "A Letter from a Birmingham Jail". These two letters were written during a time in this country's history much like what we are experiencing now. The discussions will be held for two weeks on Wednesday, January 20th and January 27th at 3:00pm. This will not be an attempt to litigate the guilt or innocence about current leaders but more of an attempt to glean from history what we can do to bring about calm during this time of chaos. If you joined the call this spring because of the knee on George Floyd's neck, then please join these discussions as we seek to learn what we can do to eradicate racism, hatred, and violence through the words of Dr. King. The Zoom call information is below.

2. A news conference will be held on Monday, January 25th at 9:00am at the ReGenesis Health Center on Pine Street. This second call for action is a response to a public health concern. The Spartanburg Medical community, led by ReGenesis Health Center, the Spartanburg Health Department, VCom, the CDC, and other health professionals, has called on the clergy community of Spartanburg to encourage our constituents to participate in a four-week campaign called "One Spartanburg: Four Simple Steps". This campaign is an attempt to slow down and/or stop the spread of COVID-19 in our community by encouraging the citizens of Spartanburg city and county to practice the following actions: ■ Wash your hands thoroughly; ■ Practice social distancing by staying at least 6 feet apart—front, back, and sides; ■ Avoid large gatherings; and ■ Wear a mask properly.

By following these simple steps, each of us can do a small part to help save lives and contribute to the reopening of our businesses and schools. This is the only way that we can begin the process in resuming a 'normal' life. Again, the kick-off will be held on Monday, January 25th at 9:00am at the ReGenesis Health Center on Pine Street. We are planning on no more than forty persons so that we will be able to practice social distancing at the conference. This will be similar to our news/press conference in the spring held on the steps of City Hall. If you would like to attend, please ensure that you have not had a fever or COVID in the last 30 days and/or have not been exposed to someone who has had COVID in the last 30 days. Here is a link so that you can see a recording on this effort:

https://drive.google.com/file/d/1p7zWTf8JuVzrQSiQ3z6BcbSPXxS_ci34/view?usp=drive_sdk. If you would like to add your voice to this recording effort and/or can participate in the news conference/rally as a sign of your support, please register

3. Finally, many people are experiencing food insecurities during this time of economic uncertainty. To help aid in the area of food shortage, it has been suggested that we mobilize the entire faith community in the distribution of at least 5,000 meals to families who have been embattled because of COVID-19. This altruistic effort will be discussed further on a Zoom call scheduled for January 29th at 2:00pm for a planned distribution date in February, 2021. If you are unable to attend, please have someone to call in and represent you and/or your church, synagogue, or faith center. We do hope that you will answer this call of compassion and service.

R. LYNN DOWNIE

As career counselors, sometimes we forget that we have our own networks. In fact, too often we do not stay connected within our network. I encourage each of us to spend some time in the weeks ahead, as spring brings new life to nature, bringing new life to our professional networks. One great place to do this is on LinkedIn. Spring is a good time to update your profile, add a new background photo and any updated roles we're in. Share an article with others, and comment on those which your contacts have posted on their accounts. This is one easy way to connect with your colleagues. It has been a long year full of much isolation; it is time to reconnect and recharge!



<https://nawdp.careerwebsite.com/jobs/>



Job ID: 55875750

Location: *Phoenix, Arizona, United States*

Position Title: Assistant Director, Workforce Development

Company Name: Maricopa County

Job ID: 55824211

Location: *Reston, Virginia, United States*

Louisville, Kentucky, United States

Houston, Texas, United States

Miami, Florida, United States

Chicago, Illinois, United States

Los Angeles, California, United States

Nashville, Tennessee, United States

Indianapolis, Indiana, United States

Position Title: Proposal Manager

Company Name: Equus Workforce Solutions

Job ID: 54142619

Location: *Palm Harbor, Florida, United States*

Position Title: Project Manager

Company Name: Geographic Solutions

Job Function: Other

Job ID: 56020139

Location: *Ridgecrest, California, United States*

Position Title: Dean, Career Technical Education

Company Name: Kern Community College District

Job ID: 56005384

Location: *Louisville, Kentucky, United States*

Louisville, Kentucky, United States

Position Title: Director, Workforce Development, Human Resources

Company Name: Norton Healthcare

And Much More! At www.nawdp.org

N.A.W.D.P.

The National Association of Workforce Development Professionals

<https://www.nawdp.org/>



2021 NAWDP ANNUAL CONFERENCE
VIRTUAL MAY 17-19, 2021

EARLY BIRD REGISTRATION IS NOW OPEN!

[CLICK HERE FOR MORE INFORMATION](#)



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WITH MARYANN LAWRENCE
MARCH 29-31ST

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JOURNAL OF EMPLOYMENT COUNSELING

DR. MARK REHFUSS

MS. SHELBY DILLINGHAM

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March 2021

ARTICLE 1

Supervisor Support for Employee Performance in Australia: Role of Work-life Balance, Job and Life Attitude
A K M Mominul Haque Talukder & Maria Carmen Galang

Received: 14-Dec-2019
Revised: 28-Apr-2020
Accepted: 10-Jun-2020

Correspondence concerning this article should be addressed to Mominul Haque Talukder,
Peter B. Gustavson School of Business, University of Victoria, PO Box 1700 STN CSC, Victoria, BC, Canada, V8N
2Y2. (e-mail: mtalukder@uvic.ca)

ARTICLE 2

Integrating Career and Mental Health Counseling: Necessity and Strategies
Mei Tang, Meredith L.T. Montgomery, Brittany Collins, & Kalesha Jenkins

Received: 12-Mar-2020
Revised: 14-Jun-2020
Accepted: 14-Jun-2020

Correspondence concerning this article should be addressed to Mei Tang, College of Education Criminal Justice and
Human Services, University of Cincinnati, M.L.0068 School of Human Services, Cincinnati, OH, 45221-0002. (e-
mail: mei.tang@uc.edu)

ARTICLE 3

Career Services in the Post-COVID-19 Era: A Paradigm for Career Counselling Unemployed Individuals
Nikos Drosos, Menelaos Theodoroulakis, Alexander-Stamatios Antoniou, & Iva Černja

Received: 04-May-2020
Revised: 27-Jul-2020
Accepted: 28-Aug-2020

Correspondence concerning this article should be addressed to Nikos Drosos, Department of Social and Behavioral
Sciences, European University Cyprus, 41 Troias Street, 11257, Athens, Greece (e-mail: nikdrosos4@gmail.com)

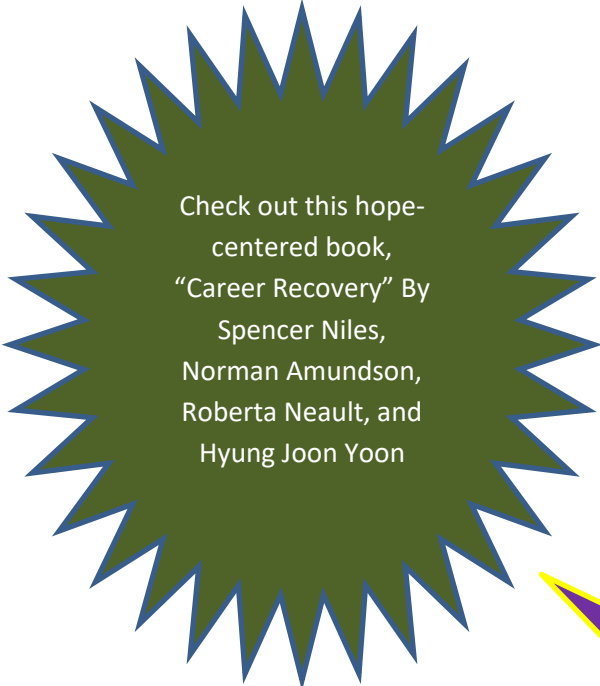
The March 2021 JEC issue includes three articles by scholars residing in locations across North America and Europe. These researchers explore timely topics for JEC readers, which include supervisor support through mediating roles in the workplace, counseling unemployed individuals in a post-COVID era, and strategies for embracing the intersectionality of mental health and career counseling.

Scholars A K M Mominul Haque Talukder and Maria C. Galang from Victoria, British Columbia contribute an article entitled, *Supervisor support for employee performance in Australia: Mediating role of work-life balance, job, and life attitude*. The researchers specifically investigated the relationship between supervisor support and employee performance and note that their study is grounded on the Job-Demands Resources Model, which accounts for burnout and negative outcomes through increased job demands. Their results supported one of their hypotheses that work-life balance (WLB) increased as a result of “family supportive” work environments, and similarly, linked supervisor support to organizational commitment and life satisfaction. This study includes implications for career counselors, who can explore WLB and well-being with their clients, later leading to greater advocacy for healthy work environments.

Researchers Mei Tang, Meredith L.T. Montgomery, Brittany Collins, and Kalesha Jenkins from Ohio present the article, *Integrating career and mental health counseling: Necessity and strategies*. These authors propose an ecological counseling perspective that comprehensively conceptualizes client concerns and collaboratively implements intervention strategies, as noted by vignettes throughout their article. Other key concepts discussed include work performance and demand’s health impacts, employment status and health, work’s impact on identity, and the reciprocal relationship between employment status and mental health. In result, the authors call for integrative counselors who utilize meaning making, holistic case conceptualization, and ecological treatment planning so that clients may feel empowered to examine their own resources, barriers, and other contributing factors present during life and work transitions.

European researchers Nikos Drosos, Menelaos Theodoroulakis, Alexander-Stamatios Antoniou, and Iva Černja provide a submission titled, *Career services in the post-COVID-19 era: A paradigm for career counselling unemployed individuals*. The authors explored how the unprecedented coronavirus impacted work life and asked how to provide effective career counseling services for those unemployed post-COVID-19. Using the Life Design Model as their framework, the authors proposed multifaceted career counselling that emphasize the following: networking to gain psychosocial benefits for clients, communication with employers, and advocacy for unemployment among marginalized populations. Implementing this model in a post-COVID-19 era provides guidelines for removing social, economic, and political barriers that have directly impacted career advancement among unemployed individuals. Implications involve career counselors examining the social inequalities present on multiple levels and using counseling as a tool for re-integrating work among unemployed individuals.

These three articles highlight the immense impact of career counselors in an ever-changing workforce while contributing to JEC’s mission to produce research that discusses current client vocational problems. The JEC appreciates the opportunity to collaborate with leading scholars and looks forward to supporting future research.



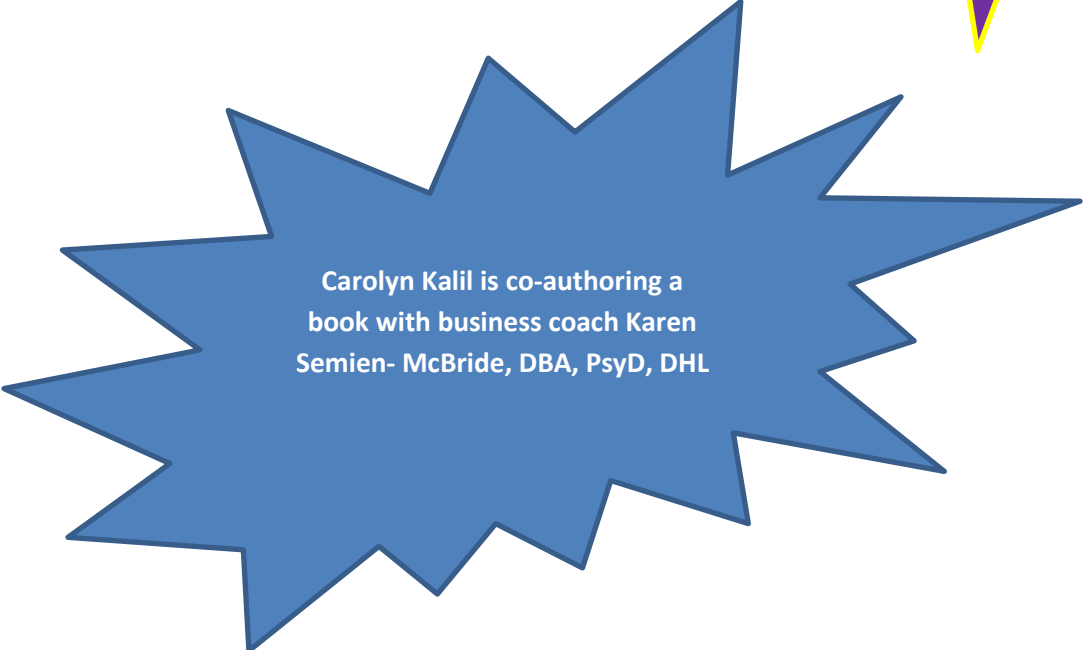
Check out this hope-centered book,
"Career Recovery" By
Spencer Niles,
Norman Amundson,
Roberta Neault, and
Hyung Joon Yoon




Seneka
Arrington is
working on her
PhD Dissertation
phase



NEWS BLASTS



Carolyn Kalil is co-authoring a
book with business coach Karen
Semien- McBride, DBA, PsyD, DHL



Sasha Butler is
working on her
PhD Dissertation
phase

THE NEWS EDITOR

Self-Care While You Work from Home

- Modify your work to reduce the amount of reaching and bending you perform daily
- It's the little things like reaching for a pen or picking up a pencil that could cause strain and pain.

Avoid slouching and bending in awkward positions

- Don't slouch when you're sitting or standing.

Include stretching and movement to strengthen your posture while working

- Move and stretch frequently (in other words, do what your dog does!)

Reduce repetitive or prolonged activities when possible

- Set the timer on your phone or computer to vary activity

Take frequent breaks from your computer

- Give your body a break

Get a standing work desk

- Sitting is the new smoking. The effects of sitting can be deadly

Remember to use proper mechanics when lifting

- Bend at your knees and not from your back

Adapted from Icahn School of Medicine at Mount Sinai, November 2020

Keep in mind the extraordinarily strong Mind-Body connection: act ethically so your body does not suffer

Sujata Ives, PhD, GCDFI

sujata.ives@gmail.com

“A Counselor’s Counselor”



Continued from Page 5...

Dear President Biden,

Our country is currently facing the most devastating economic crisis since the Great Depression. As your administration works to address needs of working people and local businesses, the undersigned organizations urge you to call for critical, generational defining investments in programs that help people develop skills necessary to access and succeed in good jobs that businesses need filled. The current crisis has had an inequitable economic impact on workers, especially those without education past high-school, workers of color and women.

A staggering number of workers –particularly historically underserved workers of color, women, and immigrants –have lost their jobs. Entire industries have been made –at least temporarily –obsolete by COVID-19. • There are 15 million workers unemployed today. • More than 1/3rd of the jobs lost over the pandemic will be permanent. • More than 40% of those unemployed have no education past high school. • Workers with a high school degree or less have been displaced at nearly three times the rate as those with a bachelor's degree, across the past 12 months. • In January, almost half (49.7 percent) of jobseekers ages 55+ were long-term unemployed, up from 45.5 percent in December. • Between February and June 2020, the number of young people neither working nor going to school more than doubled, to over 10 million. • And across the labor market, workers of color and immigrants, particularly women and young people, have shouldered the greatest job loss impacts and are overrepresented in jobs hit hardest by the economic downturn.

When the pandemic subsides, workers who lost their jobs won't necessarily be able to return to the same companies, occupations, or industries. Many of these workers need access to job training to reenter the workforce, and many who are currently employed need additional training to keep their job. In our last recession, 98% of new jobs created required some postsecondary education. Investing in workers' access to skills that meet industry demand must be a component of the federal response to the current crisis. And workers themselves agree -according to polling commissioned in summer of 2020, 84% of unemployed workers want Congress to immediately increase investments in training to support their journey back into the workforce.

The nation's workforce system convened through workforce development boards, career, and technical education and, and adult basic education systems, and the nation's community colleges, stand poised to address this need, but desperately need federal investments to meet this demand. Except for an initial investment of \$345 million, Congress has not funded workforce development in any of its COVID response packages to date. We urge you to call for investments of no less than \$100 billion for workforce development in the next recovery package to ensure that all workers have the skills and reemployment assistance necessary, and all businesses can contribute to, a truly inclusive economic recovery. These investments should include: • \$35 billion, or not less than 1% of any investment as a part of job creation efforts in infrastructure, manufacturing and clean energy industries, to ensure all workers have access to

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Training Programs: **GCDF, YELD, GEWR, GWRM**

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they work best when open*