# The Breakfast Club NJ 8/12/2023

### August 12, 2023 · 7:40 AM · ID: 610684653

## Chat

**Edward Castagna**sent a chat · 8:14 AM  
this conference will now be recorded.

**Edward Castagna**sent a chat · 8:18 AM  
Hi all. Good Morning. Thanks Frank. Good to hear from you. My name is Ed Castagna. I'm an hl7 integration analyst responsible for moving clinical information between hospitals and various public health departments. Enjoy the Breakfast Club. Let me know how I might be of help within the transition between jobs. https://www.linkedin.com/in/edwardgcastagna/ I'm currently working with Altarum.

**Valerie S Williams**sent a chat · 8:22 AM  
Good Morning Everyone, My name is Valerie and I'm a Project Manager in Central NJ currently working in Pharma with a strong focus on organization and support to help my team successfully complete our projects. I would love to connect and share my network. Look for me on LinkedIN as Valerie S Williams (don't forget the 'S') and please mention where we "met". https://www.linkedin.com/in/williamsvaleries/

**Carol M McCullagh, PhD**sent a chat · 8:23 AM  
Good morning. I am Carol M McCullagh, PhD; I’m the one who gets it done!; 2021 and 2022 Beacon4Life Power Player (networking and continuous learning), looking for a President / Chief Operating Officer position in the diversified industrial sector; willing to relocate from NJ; mccullaghcarol@yahoo.com; https://www.linkedin.com/in/carolmc ; Targets are Allegion, Trane Technologies, Johnson Controls, SPX. Any contacts appreciated – especially ex-employees, suppliers, customers. Also looking to expand network in NC, IN, WI, MA, and CT.
Affinity points: AT&T Bell Labs, Stony Brook University, love cats and dogs, hiking, good food.
Have worldwide network that I’m glad to share. Also have a Getting past the ATS tip sheet off my LinkedIn profile. Plus a 7/28/23 presentation on how your social media presence can be used in hiring

**Nancy Aronson**sent a chat · 8:23 AM  
😄🎨😄😄🎨😄
Good morning all!
I'm Nancy Aronson, an individual contributor software engineer who loves to design, create, and test software and teach people how to use it, and I'm great at finding defects!
I'm looking for an individual contributor role as a software developer/tester in NY/NJ, hybrid or remote.
I also have a brick & mortar curiosity shoppe (we were on PIX11 Morning News in January!), create unique colorful clay jewelry, virtual backgrounds & put my designs on Vans sneakers, umbrellas, tote bags, and more, and I love seeing live comedy and music.
My superpower is noticing typos/spelling errors and am always happy to proofread.
Happy to connect and support!
https://www.linkedin.com/in/nancykrullaronson
https://society6.com/nekadesigns
http://www.iggiescuriosityshoppe.com
😄🎨😄😄🎨😄

**Valerie S Williams**sent a chat · 8:24 AM  
Book: The Go-Giver, Expanded Edition: A Little Story About a Powerful Business Idea Audible Logo Audible Audiobook – Unabridged
Bob Burg (Author, Narrator), John David Mann (Narrator, Author), Gildan Media, LLC (Publisher) https://www.amazon.com/Go-Giver-Expanded-Edition-audiobook/dp/B0168Y6UO6/ref=sr\_1\_1?crid=28O8YIE62ZAOV&keywords=the+go+giver+book&qid=1691843021&s=books&sprefix=the+go+giver+%2Cstripbooks%2C144&sr=1-1

**Carol M McCullagh, PhD**sent a chat · 8:24 AM  
You are invited to register for the August 19 Careers in Transition (CIT, https://www.christchurchshorthills.org/careers-in-transition); 8:30 AM ET to 10:30, we open the zoom for networking at 8:15 (no admittance after 9) free meeting with 3 parallel sessions: General discussion (Janelle Razzino- Whatever she wants to speak about given her vast recruiting experience including how to address gaps and why is the offer taking so long); Individualized Resume Review; and John/Joe - Open Q&A; end by 10:30. All are welcome including non-NJ folks. Must register before 8/4 4 PM ET to get the Zoom link email late 8/4 or very early 8/5: https://docs.google.com/forms/d/e/1FAIpQLSd3muBCmK-py-OMQH9RI8ne-TTlng6uwhJBHy-qtFCxGM0PgA/viewform

**Edward Castagna**sent a chat · 8:25 AM  
nj state reemployment services teaches that networking is an important part of job searching. https://www.nj.gov/labor/career-services/tools-support/reemployment/

**K**sent a chat · 8:25 AM  
Where are the places to finetune interview skills?

**Valerie S Williams**sent a chat · 8:28 AM  
https://goodwillcareerconnection.yournextstep.com/login

**Valerie S Williams**sent a chat · 8:28 AM  
https://mrsimon.ai/

**Jim Mohan**sent a chat · 8:28 AM  
Good Morning. My name is Jim Mohan. I was a Business Intelligence Engineer with IDT in Newark a few months ago when my position was outsourced to India and Latin America.
Things had been very uncertain at work for quite a while and I've been expanding my skill set by learning Tableau, Looker, Python, Denodo and Kettle.
I'm looking for Data, Financial and Business Analyst opportunities and I'm happy to help everyone in any way I can.
Affinity Points: Originally from Glen Rock, NJ. Live in Woodbridge, NJ. BA in Economics and Spanish from Bucknell University.
MBA in Finance and International Business from NYU. Fan of Beatles, Mets, Jets, Knicks and Rangers.
Recorded about 50 tracks as lead singer in a professional recording studio. Name pronounced like "Mowin" the lawn
Here's my contact info: email mohanjim7@gmail.com cell 7329477331 home: 7326341971 LinkedIn https://www.linkedin.com/in/james-mohan/

**Alex Freund - Interview coach**sent a chat · 8:30 AM  
Interview practice is imperative. Recording yourself is a huge benefit but the real value comes from getting feedback and suggestions from improvement. And then doing it again. That generates incremental improvement.

**Valerie S Williams**sent a chat · 8:31 AM  
https://greatcareers.org/faq/

**Nancy Aronson**sent a chat · 8:32 AM  
https://riveterworks.com/ has a free interview practice tool

**David Schuchman**sent a chat · 8:32 AM  
Reference Solutions - Used to be called Reference USA.

**David Schuchman**sent a chat · 8:34 AM  
MailChimp is an email marketing app available online (like Constant Contact, Mailer Lite, etc.).

**David Schuchman**sent a chat · 8:35 AM  
MailChimp pricing: https://mailchimp.com/pricing/marketing/

**David Schuchman**sent a chat · 8:37 AM  
Great Careers Groups link: https://greatcareers.org/

**Edward Castagna**sent a chat · 8:39 AM  
the acronym that came up during job hunting for me was AIR

**Valerie S Williams**sent a chat · 8:39 AM  
8:39 AM
Me to "Keep Pace" with George
Private
business resource and innovation center - https://www.youtube.com/playlist?list=PLO6PCwcyo3tSb0H2qpiX41lRZ74rrsUkB

**Edward Castagna**sent a chat · 8:39 AM  
Advice, Insight, Referral. in that order.

**Valerie S Williams**sent a chat · 8:41 AM  
BOOK: Find Your Fit: A Practical Guide to Landing a Job You'll Love Paperback – October 20, 2016
by Sue Kaiden (Editor) https://www.amazon.com/Find-Your-Fit-Practical-Landing/dp/1562869469/ref=sr\_1\_2?keywords=find+your+fit+sue+kaiden&qid=1691844041&s=audible&sprefix=find+your+fit+sue%2Caudible%2C90&sr=1-2

**Edward Castagna**sent a chat · 8:41 AM  
"if you find a job that you love, you won't work a day in your life. "

**Scott Boudreau**sent a chat · 8:45 AM  
Hello everyone | Scott A. Boudreau, CPIM |Supply chain professional located in Central New Jersey | Certified in Planning and Inventory Management | Production Planning | Inventory Control | Material Management | Quality Systems | Please connect with me at https://www.linkedin.com/in/scottboudreaucpim/ | sboudreaucpim@gmail.com | Hope you enjoy the meeting and please connect with me via Linkedin. | Don't forget to enter yours in the chat here and ALL meetings you're on.

**"Keep Pace" with George**sent a chat · 8:46 AM  
For those attending - If you haven't subscribed to my Youtube Channel - I just need to get 3 more people to subscribe (its FREE) - aso I get to the 500 subscriber level that gets me into a different channel of exposure - https://www.youtube.com/keeppace

**Kimberly Beck**sent a chat · 8:47 AM  
Question: When applying for jobs online, they ask for your resume, but also ask for the same info in the form. How important is the form vs. the actual resume?

**Edward Castagna**sent a chat · 8:48 AM  
current openings at Altarum: https://www.linkedin.com/jobs/search/?currentJobId=3690670958&geoId=103644278&keywords=altarum&location=United%20States&refresh=true (use me as a referral if you'd like to get me any bonus for referrals for specific positions... We might have to talk ahead of time)

**David Schuchman**sent a chat · 8:53 AM  
Some ATS systems do not like to see formatting in the resume. Such formatting could be tables, info in the header or footer, and other similar tools.

**Catherine Lutz**sent a chat · 8:56 AM  
Good morning, Breakfast Club! First-timer here, and would love to connect. Currently looking for a new gig, after RIF.
Catherine Lutz, Relationship Manager
Open to Opportunities
LinkedIn: https://www.linkedin.com/in/catherinemlutz/
Digital Biz Card: https://propps.me/agt\_iitvsct9Kfa8lEcr

**Catherine Lutz**sent a chat · 8:58 AM  
Good morning, Breakfast Club! First-timer here, and would love to connect. Currently looking for a new gig, after RIF. Catherine Lutz, Relationship Manager Open to Opportunities LinkedIn: https://www.linkedin.com/in/catherinemlutz/ Digital Biz Card: https://propps.me/agt\_iitvsct9Kfa8lEcr

**Valerie S Williams**sent a chat · 9:01 AM  
BOOK: Active Interviewing: Branding, Selling, and Presenting Yourself to Win Your Next Job Audible Logo Audible Audiobook – Unabridged
Eric P. Kramer (Author), Allen R. Wazny (Narrator), Eric P Kramer (Publisher) https://www.amazon.com/Active-Interviewing-Branding-Presenting-Yourself/dp/B08P82S8SS/ref=sr\_1\_1?crid=1HMCA8J0JVD2S&keywords=active+interviewing&qid=1691845233&s=audible&sprefix=active+intervie%2Caudible%2C91&sr=1-1

**Alex Freund - Interview coach**sent a chat · 9:01 AM  
Lynne, what percentage of job interviews require a portfolio presentation?

**Valerie S Williams**sent a chat · 9:01 AM  
How to Avoid the Applicant Tracking System Black Hole - https://greatcareers.org/how-to-avoid-the-online-job-application-black-hole-ats/

**David Schuchman**sent a chat · 9:03 AM  
https://wintheview.com/

**Valerie S Williams**sent a chat · 9:04 AM  
Question: what do you mean that you created a career portfolio and you left it behind? You created it for that job and gave it to them?

**Valerie S Williams**sent a chat · 9:07 AM  
Question: is the Chempharma only for professional or can students apply?

**David Schuchman**sent a chat · 9:09 AM  
Tips on How to Build an Impressive Career Portfolio with WinTheView
https://greatcareers.org/tips-on-how-to-build-an-impressive-career-portfolio-with-wintheview/

**Alex Freund - Interview coach**sent a chat · 9:12 AM  
Lynne, I love the “leave behind” idea and that is because people will be hired because they are different and not because they look like everybody else. My suggestion is at the end of the in-person interview, offer to the interviewer the opportunity to live this document with them. This document will be very impressive. They will not throw it away; they will look it and study it after you leave the interview.

**David Schuchman**sent a chat · 9:14 AM  
Google Trends is free to use
trends.google.com

**Kelli Wright**sent a chat · 9:17 AM  
Question:

**Kelli Wright**sent a chat · 9:17 AM  
question: Is there a link to these directions?

**Valerie S Williams**sent a chat · 9:23 AM  
Question: I blinked. How did we get these keywords?

**Valerie S Williams**sent a chat · 9:27 AM  
https://wordart.com/

**Valerie S Williams**sent a chat · 9:28 AM  
It was the excel file that she was showing.

**Alex Freund - Interview coach**sent a chat · 9:30 AM  
Lynne, words by themselves, not being in context are meaningless. So perhaps we need a few more associated words so that we understand in what context those words are used.

**David Schuchman**sent a chat · 9:32 AM  
https://headlines.sharethrough.com/

**David Schuchman**sent a chat · 9:38 AM  
We will publish the meeting Chat file on the "Speakers" page on our group's website.

**Valerie S Williams**sent a chat · 9:39 AM  
...or if you win the Billion dollar lottery. :)

**Kelli Wright**sent a chat · 9:44 AM  
question: What do you put in a headline if you have worked a variety of jobs/volunteer work and you don't really have a specific job that you are looking for?

**Kelli Wright**sent a chat · 9:47 AM  
question : do you have suggestions of career assessments to try?

**Rhonda**sent a chat · 9:47 AM  
is there a easy way to download company list from Linked in (key contacts and companies they work in)

sent a chat · 9:50 AM  
I am thinking of posting more on LinkedIn. Should I share personal stories? I never see nurses sharing their experiences for an example ….

sent a chat · 9:50 AM  
I am thinking of posting more often on LinkedIn. Should I share personal stories? I never see nurses sharing their experiences for an example. Currently I post once a year!

**Valerie S Williams**sent a chat · 9:51 AM  
Question: Is there a FAQ that will show you how to add the links as seen in Matthew Urban's banner? I thought everything had to be an image.

**Scott Boudreau**sent a chat · 9:51 AM  
is it 16 personalities

**Valerie S Williams**sent a chat · 9:51 AM  
https://www.onetonline.org/

**David Schuchman**sent a chat · 9:52 AM  
https://www.16personalities.com/free-personality-test

**David Schuchman**sent a chat · 9:55 AM  
Lynne Williams' Contact Info
www.greatcareers.org
lynne@aroundtheclockexecs.com
Mobile: 610-405-9756

**Lynne Williams**sent a chat · 10:04 AM  
Connect https://www.linkedin.com/in/lynnewilliams
More links https://linktr.ee/lynnewilliams
Deck https://bit.ly/jobsearch4me

**Gerald Peyton**sent a chat · 10:06 AM  
Lynne - Thanks for such a GREAT Presentation!!!

**Valerie S Williams**sent a chat · 10:06 AM  
Well done! Thanks for all of the tips Lynne!!! I have some work to do.

**Ann M**sent a chat · 10:06 AM  
Lynn, Thanks so much like always excellent presentation.

**Adrienne Roman**sent a chat · 10:07 AM  
Thanks Lynne for a great presentation!