

CDSN CAREER DEVELOPMENT SPECIALISTS NETWORK

Founded in 1978 by Carol Feit Lane as a forum for professional Career Counselors
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CDSN Monthly Meeting

Date: April 16, 2015

Place: Science, Industry, Business Library (SIBL), 188 Madison Ave, between 34th and 35th Streets. Meeting room is on lower level. Signs will be posted. In order to enter the building before 10AM, tell security guard that you are with CDSN.

Time: 9:45AM to 12 PM (Networking and coffee at 9:45AM). The program will begin promptly at 10AM.

Topic: Talking at Cross-Purposes? Intergenerational Communication in the Workplace

Our discussion will include an overview of communication styles between the generations: Traditionalists (1900-1945); Boomers (1946-1964); Generation X (1965-1981); Generation Y or Millennials (1982-1995); Linksters (born after 1995). While there have always been multiple generations in the workforce, this is the first time that there are five generations in the workforce.

*How can our clients and we recognize the different styles of communication within our department or organization?

*How can we best monitor and regulate our own reactions to the different communication styles without becoming defensive or offended?

*How can we effectively manage our response to different communication styles in a manner that conveys authenticity and respect?

Respectful communication between the different generations promotes an engaged and healthy workplace.

Coaching and awareness around this topic is essential in today's workplace to help our clients reach their potential.

Please join us for an interesting and enlightening discussion on this timely topic.

Speakers:

Lynn Berger is a Career Counselor and Coach specializing in helping people make the most of their lives and feel fulfilled. In her position she counsels people to help them effectively transition to jobs and/or careers, balance their roles and responsibilities and understand their choices. Her past experience includes working in the Human Resource and Consulting fields. Lynn received both her Master of Arts in Organizational Psychology and her Master of Education in Psychological Counseling from Columbia University. She is a Licensed Mental Health Counselor, National Certified Counselor, Master Career Counselor and was recently awarded the Outstanding Career Practitioner Award from the New York State Career Development Association. Lynn has been a Career Counselor and Coach

in private practice in New York City for over 20 years. She is on the programming board of CDSN. Ms. Berger has appeared as a guest expert on radio and television shows across the country and has been featured in such publications as The Wall Street Journal, the Washington Post, The New York Times, Newsday, Businessweek.com, and Monster.com, etc. For more information about Lynn and her practice, her website is www.lynnberger.com.

Peregrine Kavros is a Clinical Neuropsychologist, AASECT Certified Sex Therapist, and Executive Coach whose mission is to empower individuals and couples in maximizing their potential. Peregrine received her doctorate from Hunter College of the City University of New York, and an MBA from College of Notre Dame du Namur. She has presented at numerous conferences and universities, and published in peer-reviewed journals. Dr. Peregrine maintains a psychological consulting practice here in Manhattan, as well as an appointment in the Department of Psychiatry at New York University Langone Medical Center. For more information please visit her website at www.managementfocus.org or www.peregrinekavrosphd.com or email Peregrine at pkavros@nyc.rr.com.

Questions? Judy.goldberg@verizon.net