"A Woman's Corner"

# **www.awomanscorner.net**

Presents

*The Other Side of the Mountain*

[Building Strategies to Prevent Domestic Violence]

***The Other Side of the Mountain*** [Building Strategies to Prevent Domestic Violence] is an initiative of **www.awomanscomer.net** that will introduce cost-effective, on-line self-directed personal development workshops designed to assist women in transition who are living in temporary residences and/or family shelters to redesign their lives, one principle at a time. By using the most basic fundamental strategies they too can live their lives with dignity, confidence, perseverance and hope.

***The Other Side of the Mountain*** [Building Strategies to Prevent Domestic Violence] can be implemented from residential shelters for women and families and used as a prototype that can be duplicated as a community resource program; and as women apply these basic principles to their everyday lives they can learn and practice skills that will enable her to feel more in control of her life. And, in spite of her extremal circumstances, women can begin to rebuild their lives in an emotional environment that will foster harmony and a healthy self-esteem. Through a series of online self-directed Workshops, writing exercises, and resources, participants can access **www.awomanscorner.net** to enrich their personal development; however, their success will depend on their own diligence and willingness to build a healthier relationship and bond with themselves and their children. Their self-esteem; their interpersonal communications skills; their self- awareness of health and prevention will escalate and become the epitome of their work ethics; financial management; parenting skills and pursuit of higher educational opportunities. As she/he progresses, we will all benefit from stamping out domestic violence from its origin of source, and begin to rebuild our communities as a self-fulling prophecy,

***The Other Side of the Mountain*** [Building Strategies to Prevent Domestic Violence] will encourage women to receive regular GYN and medical care at a participating medical center and/or register at a free Medical Clinic in their area. The locations for many Woman's Health, Prevention & Awareness programs are offered as an introduction to nutrition, traditional, holistic and alterative medical and mental health care may, and may be found online by Googling FREE medical help.

***The Other Side of the Mountain*** [Building Strategies to Prevent Domestic Violence] encourages its participants to research local community colleges for information about resources and information for participation in free onsite Workshops; adult training experiences, and programs for mothers and their children aged 5-17; or in after school tutoring programs and/or adult training programs offered through Public Libraries; including programs that offer Volunteer and/or Internships that provide on the job training and job readiness program skills; identifying a career, goal setting; time management; balancing family values and work ethics; as well as learning meaningful parenting skills. Also, research schedules of programs offered at local neighborhood parks that provide beginner and intermediate sports, instruction and competitions, as well as any neighborhood PAL cultural centers, and houses of worship. Participating in community theatre is an excellent venue for releasing pent up emotions while developing a craft or skill.

***The Other Side of the*** ***Mountain*** [Building Strategies to Prevent Domestic Violence] encourages you to locate beauty, barber or trade schools offering reduced rates for hair, facials, manicures, etc. Lifestyle Makeovers for Women in Transition is a process, and when a participant becomes job ready, many areas have County programs that provide FREE clothing for a Job interview, as well as additional appropriate workforce clothing. There are separate programs for men which helps them transition into the workforce as well. In this way, when a woman, a man and/or a family leaves the security of a residential facility he/she can do so with the pride of having developed valuable life skills that will allow them to raise their family, and successfully transition into mainstream society with confidence and dignity. And, we will all benefit from having supported programs that are often geared for single parent heads of households. Rather it is a woman, a man or a family, the “Journey of a Mile” begins with “you” taking the first step.

# 2003 AF NATIONAL HONORARY AWARDS FOR EXCELLENCE NOMINATION

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| CATEGORY: (Please check ONE - Criteria is found on reverse) Administrative Against All Odds [D Tech C] Non-Tech]  Community/Volunteer High Flyer [C] Tech Cl Non-Tech] Leadership Managerial/Sup Mentoring MWE [ Mgr./Sup. Non-Mgr./Sup.] Outstanding Contribution Sec/Clerical [Cl Tech C] Non-Techl OTeam Achievement [C] Tech C] NonTech]  20/20 Foresight  NOMINEE (INDIVIDUALTEAWGROUP) NAME"A WOMAN'S CORNER"  (On above line, list nominee's name preference for preparation of certificate or plaque; if Team/Group, give Team/Group Name) TITLE: 20/20 FORESIGHT 'REGION:  ATTACH SHEET wrrll TEAM/GROUP NAME & MEMBERS NAMES GIVING THE ABOVE INFO FOR EACH MEMBER. |

# NOMINATION: (PRINT/TYPE - USE SPACE PROVIDED - NO ATTACHMENTS - NO SMALLER THAN 10 PITCH ALL REQUESTED INFORMATION ON THIS FORM MUST BE COMPLETED)

The recent news reports in New York City and around the country have not been very encouraging with the threat of having to lay-off more than 10,000 people in order to close the cities deficits and balance the budget, coupled with the huge numbers of highly qualified people soon to retire from federal employment. Both circumstances will have a great impact on how people are able to handle the crisis. And, although unemployment has reached a record high, the government is facing its biggest recruitment challenge in decades. The federal government will be forced to hire a minimum of 250,000 new employees in the next two years; many of whom will be women and other underserved demographics competing to fill the available vaeancies. Some will be challenged to accept English as a second language; and others may be single parents forced to return to the workforce. And, still other applicants will come with little or no work experience in their new positions. While there are no recorded statistics as such, many employees are overwhelmed and stressed in their attempt to deal with nonwork related personal issues that inadvertently will adversely impact their job performance and the quality of their productivity.

In an effort to lessen the impact on an already strained economy, and address some of the personal, social and professional problems including low morale that many women, minorities and other underserved demographics face and deal with in today's workforce, through a series of online Self-directed Personal Development and Awareness workshops, Esther Price-Johnson, together with a group of friends, co-workers, and supporters have come together to build **www.awomanscorner.net** as a resource for participants to design the mechanics to create their own model work environment through self-awareness.

By improving their interpersonal communications, self-esteem and financial management skills, employees new to the workforce, and those in the lower socio-economic pay bands who otherwise would not have access to Interpersonal Communications Development training, as a result of ***AWC,*** they can be better prepared to meet the challenges and expectations encumbered on them in their new positions. An added benefit for visitors connecting to **www.awomanscorner.net** a new ***AWC*** Workshop series will be coming soon: Women in Transition; Women in Training Programs; Women Alone; Women New To The Work Force; Women Starting Over, Women In Relationships; Women Re-building Their Lives; Women Ofthe World; Women Reconnecting To Well Being; Women In Confinement; and Mothers & Daughters.

And, although the website is in its infancy [**www.awomanscorner.net**](http://www.awomanscorner.net) has attracted wide support from a cross-section of participants that represent cultural and diversity of race, creed, color, age, gender, and varying professional levels both in the Federal Aviation Administration and the private sector alike.

Notwithstanding, although the Home Page enhancements and workshop series are still under construction, the ***AWC*** Workshop projects continues to attract support from people who want to participate in its development. United States Senator, Malcolm A. Smith, has committed discretionary member funds to assist this effort, and the Director of Career Development for the Borough of Manhattan Community College is considering adapting the concepts of **www.awomanscorner.net** for inclusion as a pilot program in their career development training curricular, as well as a telecommunications company has committed to donate Sl 50-S350,000 in software to actualize the technical adaptation and conversion of the online workshops to web-TV for participants who do not own a computer. The above nomination for the 20/20 Foresight Award is in recognition for the hard work and dedicated efforts of a group of people who were committed to build **www.awomanscorner.net**, because they believe, that the quality of life in our personal lives can adversely affect our work-a-day lives, and that both can be greatly improved when people feel inspired to change the conditions that exist within their workplace and their emotional environment. Although there are no paid staff, **www.awomanscorner.net** has always had a small group of committed people who constantly change that began with Esther Price-Johnson, a private law firm, a web Designer, an IT and telecommunications firm, a proofreader, and a public relations and marketing firm.

All were volunteers providing Pro Bono services in their spare time, during lunch breaks, evenings and weekends. Each participant has personally contributed in a positive way to make their workplace a more productive environment for themselves and others. Within the Federal Aviation Administration and without; in the Eastern Region and beyond, they have all taken responsibility for establishing their own well-being, sharing the process, and making the opportunity available to others through **www.awomanscorner.net**

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# 2003 -AIRWAY FACILITIES NATIONAL HONORARY AWARDS FOR EXCELLENCE - CATEGORIES AND CRITERIA

20/20 FORESIGHT AWARD. Honors an AF individual/team/group who has exhibited superior talent in leading, establishing, or achieving future program direction while keeping pace with current demands and adapting to changing circumstances. Demonstrates unique skill in leading the AF organization to meet future aviation demands.

Such accomplishments may illustrate courage or perseverance against great odds or difficulties, great strides in scientific, technological, or administrative advancement through innovative risk-taking. In addition, the achievement is consistent with AF Strategic Values: Quality and Excellence; Valuing our Work Force; Empower our Employees; Responsiveness to the Customer; Dedication to Professionalism; and Teamwork.

Eligibility: AF personnel. (Individual/Team/Group) Team/Group must include at least two AF employees but no more than 3

Esther Price-Johnson, Program Assistant  
“A Woman’s Corner”. Founder

Chris Seniuk, Manager, Occupational Safety

Thomas Behrens, AIS Lead Specialist

Jose Matos, CAEG / Drafting

Claire Wang, Environmental Engineer

Richard Hooper, NISC Contractor

Sek-yiu Tam, NISC Contractor

Keith Hood, Civil Engineer

Donna Ann Harze, Communications Team,

Corporate Counsel, Borough of Manhattan Community College

Jim Soviero, Information Technology

Bany Boshnack, AF Division Manager Richard S. Lane, Esq.

Brian Marcus Associates

Azena Group, Inc. USA

Stephen J. Sebastian

Randall C. Norton, Telecommunications

Hon. Malcolm A. Smith, 14th Senatorial District

Professor, James Blake, NYU

Brian Marcus, CPA

Dr. Steven Goldstein, Chiropractor

Mark Dayon / Yossi Toledano, Partners

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Mission to Wellness