



CDSN MONTHLY MEETING

Founded in 1978 by Carol Feit Lane as a forum for professional Career Counselors
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Date: September 17, 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 (and walk through the doors marked "Staff Entrance").

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

Topic: Book Talk – *Getting Unstuck: A Guide to Discovering Your Next Career Path*, by Timothy Butler

Moderator: Heidi Ravis

As career professionals, we all encounter clients who feel "stuck" in their careers and seem to lack the wherewithal to move beyond this impasse. These feelings can cause considerable discomfort and often leave clients unfulfilled and dissatisfied with their careers and their lives. To start the New Year, Heidi Ravis will moderate a discussion of the book *Getting Unstuck: A Guide to Discovering Your Next Career Path*, by author Timothy Butler. This book offers insight into causes of impasse and strategies for exploration leading to greater self-knowledge and sense of direction. **Please join us as we discuss the author's theories and determine how they can be adapted for use in our own work with clients (or ourselves)**

Heidi Ravis, EdM, LMHC, has been in the career counseling field since 1991. She has a Master's of Education degree in Counseling Psychology from Teachers College, Columbia University, and is a New York State Licensed Mental Health Counselor. In addition, she is a National Certified Counselor and Distance Credentialed Counselor.

Heidi specializes in clinically-oriented career counseling. She is able to assist clients with all aspects of the career development process, including self-assessment, career exploration, decision making and self-marketing. She offers testing, including the Myers-Briggs Type Indicator and Strong Interest Inventory, and can provide guidance in resume and cover letter preparation/revision, interview skills, networking and use of LinkedIn.

In addition to private practice work, Heidi has provided career counseling in a variety of settings, including universities and community mental health programs. She is also an experienced distance counselor, trainer and author. Currently, she serves as Global Services Team Leader and Career Consultant for Ricklin-Echickson Associates, a human resources consulting firm providing career and acclimation services to accompanying partners of relocating employees. She is also a Career Consultant for Hand & Associates, an outplacement firm. Her chapter on "Finding Work-Life Satisfaction" appears in the newly-released book *Keys to a Good Life: Wisdom to Unlock Your Power Within*.



Association memberships include American Counseling Association, National Career Development Association, Career Development Specialists Network and International Society for Mental Health Online. She currently serves on the CDSN Program Committee.

Questions? Judy.goldberg@verizon.net

NOTE: There is no meeting in February