

CENTER FOR THE WOMEN OF NEW YORK

501(c)(3) Nonprofit Organization

Empowering and Supporting Women Since 1987



**PUBLIC SPEAKING FOR CAREER
ADVANCEMENT & ACING THE
INTERVIEW**

Thursday
June 2, 2022 - 12:00 noon

Speaker:
Gail Lewis
CUNY Professor of Communications
Toastmasters Public Speaking Champion



Register at tinyurl.com/cwny-career-series

CWNY MISSION

The Center for the Women of New York helps women overcome financial, violence, social, wellness, and legal issues by raising awareness and advocating for full gender equality for women, understanding their needs, and connecting them with CWNY services, nonprofit partner organizations, and public resources to aid, uplift, and address their challenges.



WHO WE ARE

We are a nonprofit 501(c)(3) organization dedicated to women empowerment and gender equality since 1987. CWNy's Volunteers, Members, Sponsors, Advisory Board, and Board of Directors altogether make CWNy's mission possible.



CWNY PHILOSOPHY

Our philosophy is that when we help women, families become self-sufficient, making our entire community stronger.

CENTER FOR THE WOMEN OF NEW YORK

WOMEN IN CRISIS SUPPORT

ONE ON ONE SESSION WITH A LICENSED SOCIAL WORKER
BILINGUAL SPANISH AND ENGLISH



Call 718-793-0672 and leave us a message or Email events@cwny.org with subject "one on one social worker sessions"

Please include your name and phone number and/or email address and we will get back to you as soon as possible.

Please call 911 if you are in immediate danger

CENTER FOR THE WOMEN OF NEW YORK

Financial Literacy Series



Credits & Deductions Overview

\$\$\$ in Your Pocket!

Join us for the second event of our Financial Literacy Series, in which we will learn about tax credits and deductions: earned income, child credit, dependent care, education

Wednesday, February 17th, 2021
8 - 9pm via Zoom
Guest Speaker, Kathleen Carroll, E.A.
Register via cwny.com/financial2021

CENTER FOR THE WOMEN OF NEW YORK

LEGAL SUPPORT TEAM



CONTACT THE LEGAL SUPPORT TEAM AT LEGALSUPPORT@CWNY.ORG
718-793-0672

Legal information
Referral information
Resources
Support groups
and more
ALL FREE OF CHARGE

CENTER FOR THE WOMEN OF NEW YORK

Conversation Classes

English as a Second Language (ESL)

For more information:
(718) 793-0672
events@cwny.org



CWNY CURRENT SERVICES AND PROGRAMS

- Referrals and Advocacy Program
- Financial Literacy Workshop Series
- Career Workshop Series
- Women in Crisis Support Group
- Caregivers Support Group
- One-on-one tax preparation assistance
- Gardening and Sustainability Workshops
- ESL Classes
- Legal Support Team



CWNY Gardening & Sustainability Workshop Series

Fort Totten Park

207 Totten Ave., Bayside, Queens. NY 11359

REGISTER at cwny-green.eventbrite.com

Instructor: Patricia Griffin Yoon, Former NYC Environmentalist Parks Ranger

*Sponsored by First Central Savings Bank & the
Douglaston Garden Club*

Thurs. May 12 @ 10:00 - 11:30 AM

"Planting and designing raised beds and pollinated gardens"

Thurs., May 26 @ 10 - 11 AM

"Master Seed: Learn the basics of seeding"

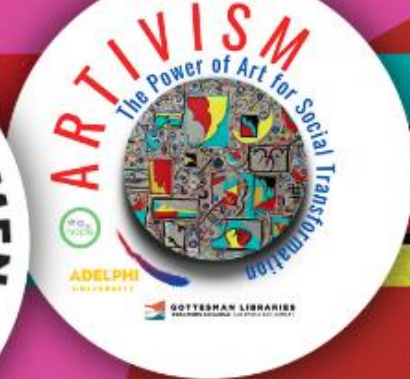
Thurs., June 9 @ 10 - 11 AM

"Tree Identification"

Thurs., June 23 @ 10 - 11 AM

"In-depth proper use and maintenance of gardening tools"





CWNW is pleased to participate in
Artivism's *Art for a Purpose*
and through
the power of art
shed light on social issues
to inspire change.



ing reception sponsored by



Art for a Purpose

Artivism: Multi-Venue Global Exhibition
Fort Totten Park, 207 Totten Ave.
Bayside, Queens

Opening Sat., 5/7 1- 5 pm
Exhibit dates Saturday, 5/7, 14, & 21
and 6/11 & 18 from 1-5 pm

Come see the exhibit!
Art materials will be on hand
for children and adults to
Create Your Own
Art for a Purpose



Consulate General Of India, New York
Please join us in celebration of
THE EIGHT INTERNATIONAL DAY OF YOGA
A FREE EVENT



In Association With
Indo-American Arts and
Cultural Forum
WWW.IAACF.ORG



&
Center For The Women of New York
WWW.CWNY.ORG



Venue: **Fort Totten Park**
On front lawn of CWNY building, 207 Totten Avenue
Bayside, Queens, NY 11359

Date: Saturday , June 4th 2022
Time :10:00 - 12:00 noon

cwny.org/past-events



Q & A

Your questions will be addressed after the presentation.

Use the Chat Box at the bottom of your Zoom screen to ask questions.

If you dialed in, email your questions to events@cwny.org



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People with excellent credentials!
Experience - Education



People who perform - Bring in
revenue - Excel in performance



People who present themselves well -
Through Public Speaking!

Who Gets
Hired? Who
Gets Ahead?



What Do You Have Agency Over?

Unfortunately, none of us have control over hiring managers or our bosses but we DO have control over our public speaking, interviewing and presentation skills

Just like learning to roller skate or learning how to cook, Public Speaking is a skill we can learn, practice, improve and even MASTER!



ACING YOUR
INTERVIEW



CAREER
ADVANCEMENT

Let's Examine
Public
Speaking in
Two Areas

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Acing Your Interview

Ace Your Interview

Whether in person or remote, make sure you feel confident in what you're wearing

When answering interview questions about yourself and your background, tell a short, succinct story.

Structure your story as you would an essay with am

- Introduction
- Body
- & Conclusion

Q: Tell Me About Yourself/ Background

“Tell me about yourself/background”

This question is your opportunity to SHINE!

Weave a story of what makes YOU the best person for this job couched in the story of your professional background, education & the special story that only YOU can tell.

How did you first become interested in accounting? Was there an event in your life that pointed you in the direction of nursing? Did you take a class or have a mentor who piqued your interest in Engineering?



Your Work Style

Employers want to know how you work best and if you will be a team player

Do your research to determine whether more independent or teamwork will be required for the position.

Then, using your own experience, craft a story about how you work

Q: How Do You Keep Organized? Do You Prefer Working As A Team or Independently?

“How do you keep organized?”

Create a story of the tools you use to stay organized. Drop the names of apps you use to show your grasp of emerging work tools.

Have you helped others get organized? Is your closet organized in ROY G. BIV? Add these to your story as well

“Do you prefer working as a team or independently?”

Research the work culture & create a story of how you work best showing that you can add value either way

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Career Advancement



Hard skills get you the job



Soft skills help you keep the job!



Good Public Speaking skills are essential to keeping and exceling in the workplace

Now That
You've Gotten
the Job, You
Have to Keep
It!

When Do You Speak In the Workplace?

Do you give presentations regularly at work?

Or is it more sporadic or impromptu?

Quarterly report presentations can be brutal when presenters do not have effective public speaking skills!



Plan & Practice

Know your audience

Plan, plan, plan

Practice, practice, practice

Putting it Together

Who are you presenting to?

Craft your message to your audience. If they just need bottom line numbers, don't weigh your presentation down with other things

Plan: Write an outline. Include an Introduction, Body & Conclusion. Presentation outline on the bottom of your slides or next to you on a tablet. Stay away from putting your notes on your phone, it can be tiny to glance at

Practice: Practice out loud to family or a friend, to your camera or even in the mirror. Hearing yourself say the words will help you to be more conversational

Nervous?

Having trepidation about standing up in front of a group of strangers or about presenting on a remote meeting is absolutely normal!

To overcome your nervousness, practice and prepare.

Additionally, find more outlets to practice presentation skills.: Join the PTA, your local civic association, or get involved in your Mosque, Temple or Church or become a Scout leader.

Community involvement not only will give you many opportunities to speak in public, but it will help others as well.

Join Toastmasters!

Visit [Toastmasters.org](https://www.toastmasters.org) for a Club near you or a Club that meets online!



Breathe

While presenting, relax and pay attention to your message

Remember, this presentation is about your audience, not you. Shift your focus.

Let's Practice!

Recap:

We learned today how to ace our job interviews & how to use public speaking to get ahead.

Now, let's practice interview questions!

Raise your hand to practice answering an Interview Question & get feedback! Answer in 1-2 minutes.

Keep In Touch!

Professor Gail Lewis – Queensborough Community College/City University of New York (CUNY)

glewis@qcc.cuny.edu

[Toastmasters.org](https://www.toastmasters.org) – Find A Club Near You!

Thank You to Center for the Women of New York (CWNY)!!



**Thank you,
Gail Lewis!**

UPCOMING EVENTS

Gardening and Sustainability Workshops

June 16 & 23 from 10 to 11AM

International Day of Yoga

Saturday, June 4th from 10AM to 12PM

Artivism Exhibit

Saturdays June 11 & 18 from 1 to 5PM



JOIN US

BECOME A MEMBER

<http://www.cwny.org/membership>

DONATE

<http://www.cwny.org/donations>



CONTACT US

cwny.org

Queens Borough Hall
120-55 Queens Boulevard, Room 325
Kew Gardens, NY 11424

(718) 793-0672

Fort Totten Park
207 Totten Avenue
Bayside, NY 11359

(718) 229-0020

info@cwny.org



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Our Podcast

[Anchor.fm/centerwomenny](https://www.anchor.fm/centerwomenny)

