



DISPLACED HOMEMAKERS PROGRAM

Trauma Compass

Self-Empowerment for Workforce Reentry and Advancement

Date: Tuesdays 10/13, 10/20, 10/27 and 11/3/2026

Time: 10:30-11:30 am

Place: Ocean County College, Library (building 3) room 110

Register: <https://www.eventbrite.com/e/1996721985208?aff=oddtcreator>

This workshop cultivates workplace development by equipping Displaced Homemakers with the psychological and emotional resilience required to prevent burnout, communicate assertively, and elevate their professional impact.

- Transforming past survival habits from “flaws” into strengths like adaptability and crisis management
- Interrupt the internal “imposter spiral” that causes individuals to shrink, overcompensate, or self-sabotage when advancing in education and career
- Identify and correct the “fawn” response (people-pleasing, over-working, saying yes to avoid conflict) which leads to rapid burnout
- Create a personalized blueprint to manage energy depletion and prevent long-term burnout