

## **For Immediate Release: April 24, 2016**

### *Staying on Track in the Workforce – A Discussion with Young Professionals*

As the workforce shifts to a younger generation, working professionals with only two to five years of work experience is growing, and the reality of a long-term career is settling in. A new workshop called **Settling In**, by Joyce Jarek, provides a collaborative environment for new professionals to share their experiences on success in the workforce.

“Many young professionals are searching for ways to bring more focus to their careers so that they can continue to progress”, say Joyce Jarek Mihalik, President and CEO of HlpSum1, Inc., who has served as a supervisor and business mentor for many Millennials. “Understanding basic principles of networking, collaboration and goal setting can be key to long-term career mobility.”

Jared is the President & CEO of HlpSum1, Inc., an organization whose mission is to provide educational and inspiration materials about helping coworkers and friends. She has released her second workshop aimed to support personal career management for both men and women.

**Jarek states that traditionally supervisors focus on the work product and company deliverables, but many young adults arrive at their first job post-degree without a game plan for managing the day-to-day work flow with purpose and passion.** Today’s new employees are left to navigate coworker interactions by drawing upon their short brush with socially-accepted work behavior, and gleaming information from Social Media like Twitter and Instagram.

Jarek released her first book ***First Job: A Personal Career Guide for Graduates*** in 2014, an immediately developed a companion workshop series for upcoming college graduates, called ***The First Job Transition Series***. She relays personal experiences from her own business career through four fictional characters that find themselves in tricky business situations and provides advice on how to prevent them or respond responsibly. The next step in her outreach goals is to work with Millennials with three to five years of work experience in a Part B Discussion to the series called ***Settling In***.

“The market is saturated with content-heavy reference information available for professionals with five to fifteen years of experiences who are ready for leadership positions, but few messages concentrate on early career progression”, Jarek reports. Books are written to appeal to business professionals that have passed by the early challenges and are now looking for a deep dive into self-improvement and leadership. Jarek simplifies content by focusing in on easy tips you can immediately deploy, following today’s pattern of how we learn - short and impactful messaging bursts.

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“The average 25-30 year old is still trying to settle in, find enjoyment in their work, and figure out how to differentiate themselves. Complicated books are hard to digest in this information overload world. The **Settling In** workshop discussion can wrap about in two hours, and engages employees in identifying strong work practices, building professional relationships on-line and in person, and strong goal setting.

For tips on navigating work life and advancing a business career, visit Joyce’s blog at [www.businessbeyondtheclassroom.wordpress.com](http://www.businessbeyondtheclassroom.wordpress.com) or visit [www.hlpsum1.com](http://www.hlpsum1.com) for Jarek’s contact information.

### **About HlpSum1, Inc.**

Joyce Jarek Mihalik is a twenty-seven year career veteran with experience in business management, engineering and sustainable operations. She currently works as a business executive but uses her personal time to mentor and promote outreach through her HlpSum internet sites. HlpSum1’s mission is to create multipliers - people who can use their skills, faith and innovation to enable and empower followers to get involved in the lives of others, creating more “do-ers” and developing more leaders. Proceeds of the book will be used to support the [www.HlpSum1.Net](http://www.HlpSum1.Net) movement.