

The Training Post – Winter 2025 QC Responses

**What new plans will you incorporate in your “fitness” plan and why?**

1. Active listening. I have a brain that can wonder off and this can cause me to lose interest or not fully engage in what I need to. By incorporating this, I will be able more aware and understand fully.

**Karen H.**  
**HMFA**

2. I am resolving to writing conversationally as I am used to writing formally.

**Candace C.**  
**DCF**

3. public speaking

**Gabriela J.**  
**DOT**

4. The skill that I will like to incorporate into my fitness plan would be how can I become more organized and utilize my time more efficiently. Reason being is that I have limited days to work full time hours and more require work to complete. I am struggling in getting it all done, and I feel that I am being set up for failure. This is not what want to accomplish.

**Kim D. B.**  
**DOL**  
**Somerville One Stop Career Center**

5. CONVERSATIONAL WRITING

**Patricia L.**  
**Bayside State Prison**

6. FMLA to familiarize the requirements for my staff, Conflict Resolution. My job is dispute resolution in which I handle conflict and addressing all parties involved. I am looking to gain more tools to support diffusing conflict in me role and working with colleagues.

**Beth L.**  
**DOH/FHS/NJEIS**