



CCRA-NJ 2022 October Virtual Convention

Saturday, October 8, 2022

Live, Virtual via Zoom Meeting

8:45am-3:15pm ET

CE POINTS: (5.0 NJ CE/ .50 NCRA CEU)

Registration Fee: \$165 Member / \$255 Non-Member / \$100 Associate Member / \$10 Student

[REGISTER HERE!](#)

PROGRAM

8:45am-9:00am ET Join Meeting; Opening Comments

SESSION 1

9:00am-10:00am ET
SELF-TALK & INTUITION
(1.0 NJ CE / .10 NCRA CEU)



TALLsmall Productions, LLC
Rebecca Klein Scott, Keith Scott

Communicate with Confidence: How to tap into your intuition and kick out the negative self-talk. The villain that often throws hurdles in our professional and personal paths is not someone else. When we get stressed, nervous or feel insecure, it's our own self-talk that fills our brains with running commentary to the tune of "They are not going to listen to me," "I'll never get

this project done in time," or "This will never work." It's time to silence that voice when it creeps up. Take control of your self-talk and to ensure it helps you soar instead of sabotaging yourself. Learn how to use your intuition to get a read on other parties in the courtroom, at the deposition table and beyond. Your intuition is one of the sharpest tools you have to quickly identify how to best communicate to get the results that you want.

10:00am-10:15am ET BREAKOUTS

We will have special breakouts for Dictation, Students, and general Networking

SESSION 2

10:15am-11:15am ET

HOW TO ACHIEVE BALANCE AS A COURT REPORTER

(1.0 NJ CE / .10 NCRA CEU)



Jennifer Wielage, CCR, CRR, RPR

My name is Jennifer Wielage. I am a CCR, CRR and RPR and have been a court reporter for over 30 years. I am also a Certified Life Balance Coach from The Life Leadership Coach Training with Bailey Frumen and The Life Coach School with Brook Castillo. I am passionate about being a realtime court reporter who gets the job done quickly and accurately. Because of my commitment to excellence, in the past, I took assignments mindlessly, at my own expense. I was not balancing my personal and professional life. As

a result of this, I was stressed out, overwhelmed and overworked. I struggled with anxiety and panic attacks and became sick.

Something had to change.

This is when I started prioritizing other aspects of my life, which ultimately led to finding more joy, better health, and becoming a more prosperous and efficient court reporter. Pursuing a more balanced life has helped my life so much that I feel the desire to help others who are facing the same challenges.

My seminar will help court reporters to determine if they are under or over-achieving in their field, assess where they are now when it comes to work-life balance, and identify their top priorities so that they can become a more balanced achiever and ultimately excel as a court reporter.

11:15am-11:30am ET BREAKOUTS

We will have special breakouts for Dictation, Students, and general Networking

SESSION 3

11:30am-12:30pm ET STARSTRUCK STENOGRAPHERS (1.0 NJ CE / .10 NCRA CEU)



Join us for this hour-long presentation moderated by Paula Horovitz. For the first half hour, reporters from the Southern District of New York will talk about what it's like working at the mother court – the busiest federal courthouse in America. You'll hear stories about notorious cases, famous judges, how 21 reporters manage to cover 40 judges, and the things that make working at SDNY so unique. Then for the second half hour, House of Representatives reporter, Regina Berenato-Tell, is back to tell the CCRA-NJ about what it was like reporting the State of the Union address on March 1, 2022. She will give you a behind-the-scenes look at how she prepared, what it was like being front and center for this monumental experience, and more importantly, what she wore.

Attendees will learn

- ❖ What it's like to have front row seats to some of the biggest proceedings in the country
- ❖ How reporters at SDNY handle their assignments
- ❖ How Regina Berenato-Tell prepared herself for the State of the Union address

12:30pm-12:45pm ET STRETCH / BIO BREAK

SESSION 4

12:45pm-1:45pm ET RETIREMENT PLANNING (1.0 NJ CE / .10 NCRA CEU)



Edward Ellis CPFA, Financial Advisor - Stifel

Any investment too complicated to be explained is too risky to be considered. This seminar will help you understand risks and potential rewards for your investment, as well as how it fits in your overall portfolio. Attendees will learn about investments, retirement planning, and how to manage your overall portfolio.

1:45pm-2:00pm ET BREAKOUTS

We will have special breakout for Dictation, Students, and general Networking

SESSION 5

2:00pm-3:00pm ET

RETIREMENT: IS IT WHAT YOU THINK IT IS?

(1.0 NJ CE / .10 NCRA CEU)



Moderated by Robert J. Boccolini, CCR

The court reporting community gets a little more “gray” each day. Whether your time to hang up your steno machine is close or years in the future, it is never too soon to begin planning for what lies ahead. News flash: It may not be all it’s cracked up to be. In this interactive seminar with lots of audience participation, a panel of retired or soon-to-be retired court reporters will discuss their thoughts, hopes and dreams as they head off into the proverbial sunset. You will learn about how they prepared for this next chapter, financially, mentally and emotionally. You will learn how their best laid plans have not always produced their expected reality, and how sometimes their most pleasant experiences could not have been planned for or even dreamed of.

3:00pm-3:15pm ET

Raffles; Closing Comments

Don't miss out on the 50/50 opportunity at this year's convention. Tickets must be purchased at the time of registration!

- \$5 for 8 tickets
- \$10 for 16 tickets
- \$20 for 35 tickets