

# Division of Water Supply and Geoscience Fall Retreat

**September 19<sup>th</sup>**

**(September 26<sup>th</sup> rain date)- RSVP Required**

**Arctic Parkway, Ewing**

**Come check out all that DEP does at the Arctic Parkway Complex**

- Geologic and Water Survey
- Water Monitoring, Standards and Pesticide Control
- Emergency Response
- Nuclear Engineering
- Environmental Radiation
- X-Ray Compliance

## Agenda

**8:15 to 9:00** Shuttles from 401 courtyard to Arctic Parkway

**9:00 to 9:30** Check in with coffee and bagels

**9:30 to 9:40** Welcome and overview of events

**9:40 to 10:30** Keynote Speaker- Lisa Chenofsky Singer, Master Certified Executive, Leadership & Team Coach and Rutgers CPM Instructor: *Unveiling the Self: Exploring your inner world and how to communicate*

**10:30 to 12:30** Join your team for laboratory tours, equipment demos, and hands on activities covering geology, hydrology, water monitoring, emergency response, nuclear engineering, and environmental radiation

**12:30 to 2:00** Lunch and networking – bring your own or order pizza

**1:00 to 2:00** Shuttles to 401

Bring your own water bottle

Share your photos to [NJGSweb@dep.nj.gov](mailto:NJGSweb@dep.nj.gov)



# Arctic Parkway Map

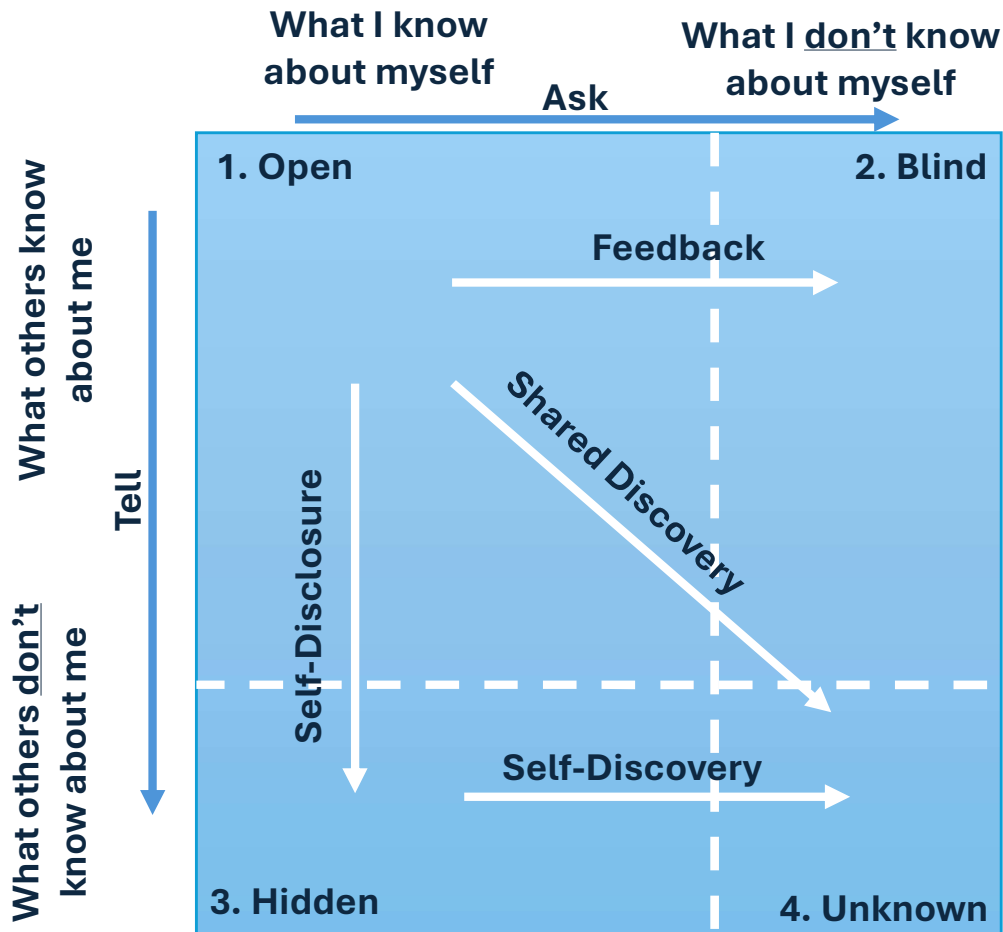
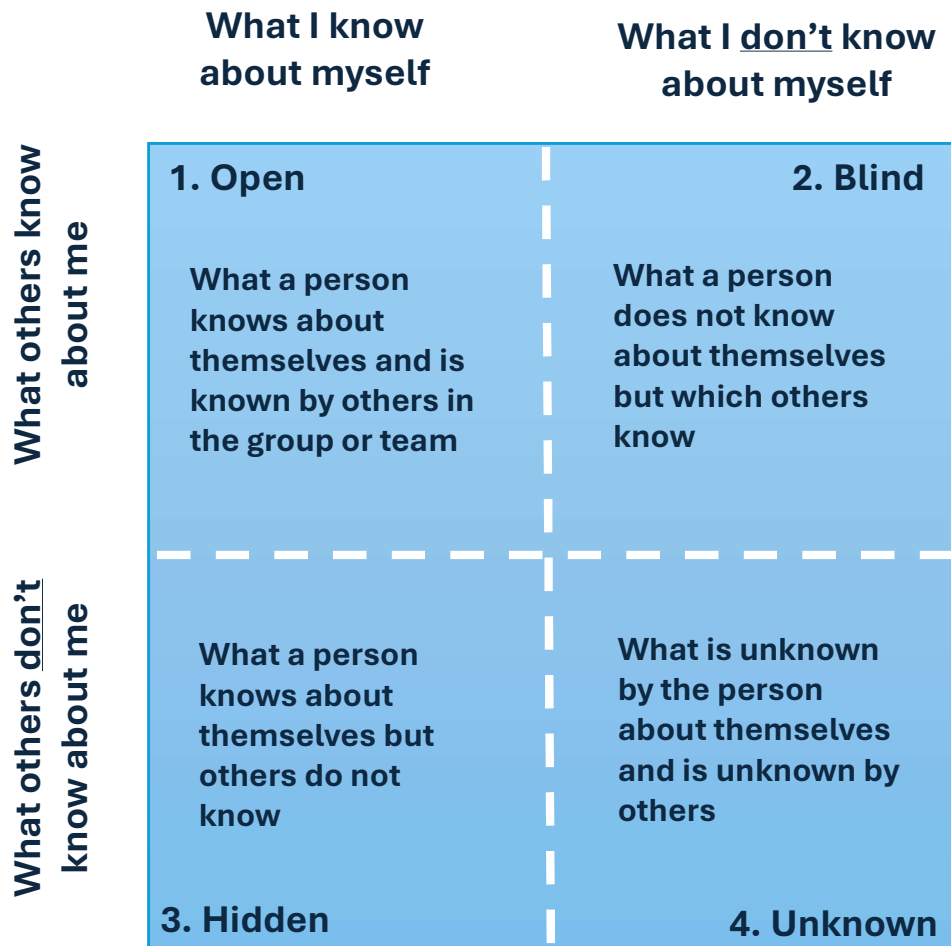


## KEY:

1. Station 1- Geology
2. Station 2- Nuclear Engineering
3. Station 3- Environmental Radiation
4. Station 4- Hydrogeology/  
Geophysics
5. Station 5- Surface Water Monitoring
6. Station 6- Emergency Response

7. Registration, coffee & bagels, lunch
  8. Restroom/Water
  9. Selfie with Butch the Dino- send  
photos to [njgsweb@dep.nj.gov](mailto:njgsweb@dep.nj.gov)
- X = door  
→ Station to station paths

# Johari Window





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## Unveiling the Self

Exploring your inner world, how to communicate & build strong relationships.

Johari Window [created by psychologists Joseph Luft and Harry Ingham]. A visual framework to help individuals understand their self-awareness and the awareness others have of them. Helps you to understand more about your conscious and unconscious biases, improve interpersonal communication, promote personal development, and enhance group dynamics.

Johari Window is often used with the **iceberg metaphor**, which compares what's visible above the waterline to what's openly acknowledged, and what's unseen beneath to what's not.

### Model

<p><b>Open:</b> Qualities, behaviors, knowledge, skills, attitudes, and "public" history" or thoughts that are openly expressed and shared.</p> <ul style="list-style-type: none"><li>• What are your strengths and weaknesses?</li><li>• What are your goals and aspirations?</li><li>• How do you typically handle conflict or stress?</li><li>• What are your values and beliefs?</li><li>• What are your hobbies and interests?</li></ul>	<p><b>Blind:</b> Behaviors or personality traits that the individual is unaware of or chooses to ignore.</p> <ul style="list-style-type: none"><li>• How do others perceive you?</li><li>• Are there any behaviors or habits that you're <u>unaware</u> of?</li><li>• Do you have any blind spots in your thinking or decision-making?</li><li>• How do others perceive your communication style?</li><li>• Are there any areas where you might be overconfident or underconfident?</li></ul>
<p><b>Hidden:</b> Thoughts, feelings, and experiences that are kept private or hidden.</p> <ul style="list-style-type: none"><li>• What are your deepest fears and insecurities?</li><li>• What are your biggest regrets or disappointments?</li><li>• What are your secret dreams or aspirations?</li><li>• Are there any personal experiences or challenges that you've kept hidden?</li><li>• What are your thoughts and feelings that you rarely share with others?</li></ul>	<p><b>Unknown:</b> What is unknown to you and others</p> <ul style="list-style-type: none"><li>• Are there any aspects of yourself that you're still exploring or discovering?</li><li>• What are your hidden talents or abilities?</li><li>• Are there any unconscious biases or beliefs that might be influencing your behavior?</li><li>• How might your past experiences be shaping your present thoughts and feelings?</li><li>• What are your future goals or aspirations that you're not fully aware of yet?</li></ul>

Exercise: "If you knew me really well, you would know...."