



## TONY CALABRESE

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**Tony Calabrese** is the founder of Absolute Transitions, LLC and a Certified Get Five Career Coach. Tony enjoys working with clients who are in job search or looking to change careers. He offers his clients a strategic and research-based approach to their job search steps to networking, making this often intimidating step far more comfortable for his clients. Tony received his coaching certification from the Institute for Professional Excellence in Coaching (IPEC). As such he is able to help his clients discover more satisfying career options by analyzing and removing roadblocks they may find along the path to attaining their career goals.

Tony also does Career Coach and Acclimation Consulting work. In that role he provides career coaching and acclimation assistance to accompanying spouses of employees whose companies move them as part of a corporate transfer.

Prior to his coaching career, Tony was with Prudential Financial for 30 years in the roles of Programmer, Systems Analyst, Manager of Financial Systems and Director of Financial Systems. He led teams developing and supporting Financial Systems applications in Prudential's Group Insurance Business Unit.

### Expertise

- Job Search Strategy
- Job Search Targeting
- Networking Strategy
- Résumé Writing
- Assessment
- Salary Negotiation
- Interview Preparation
- LinkedIn Guidance
- Follow-Up Techniques

### Experience

- Coached hundreds of candidates, at all levels, in a variety of industries, to develop and implement successful career management plans.
- Facilitated numerous job search support user group meetings and workshops.
- Conducted bi-weekly webinars on fundamentals of job search as part of response to COVID19 pandemic.
- Provided résumé reviews for nearly 100 project managers as part of the PMI-NJ Career Fair, held twice a year.
- Coordinated the selection, preparation, and introduction of numerous career coaches to PMI-NJ twice a year career fair including presenting myself.
- Acclimated hundreds of clients to new work situations after having moved either nationally or internationally to the Northeast United States, including both career and family acclimation.



## **Tony Calabrese (continued)**

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### **Education**

B.S., Industrial Engineering, New Jersey Institute of Technology, Newark, NJ  
M.B.A., Fairleigh Dickinson University, Teaneck, NJ  
Certified Professional Coach, Institute for Professional Excellence in Coaching (IPEC)  
Get Five Certified Career Coach

### **Memberships**

International Coach Federation, New Jersey Chapter Member  
Business Network International Chapter Member  
Trustee – Robert Luongo ALS Fund

### **Publications**

Take Time to Celebrate Your Success, SelfGrowth.com.

Produces twice monthly blogs and monthly newsletters on job search and life strategies found on [www.absolutetransitions.com](http://www.absolutetransitions.com) website.

