



## Press Release

### FOR IMMEDIATE RELEASE

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## Oct 22nd Power Breakfast & Workshops

**Newark, NJ – September 23, 2013** – [James R. Jones](#), Executive Consultant and Owner of [Jimmy Jones & Associates](#), is the featured guest speaker at the Power Breakfast hosted by A & J Management on Tuesday, October 22nd from 8am to 10am. Mr. Jones a former [NFL](#) player, has been a leader in the design and management of contemporary human resources/employee-relations strategies. His presentation [People Really Matter](#) will draw on over twenty years of human resource experience with organizations such as [Reebok International, Ltd.](#), [Catholic Health Initiatives](#), [Johns Hopkins University](#), [Gannet Company, Inc.](#) and the [New York Jets](#) professional football team. A workshop from 10am to 11am will follow his presentation.

The workshop, [EtiQuettePower™ for Mastering Success](#), will be facilitated by Doris Young Boyer, President, [A Sense of Grace](#), an international etiquette and protocol consulting firm. The workshop will compliment the information shared by Mr. Jones and provide attendees personal solutions for their success in the business world.

Held quarterly at the Newark Club, One Newark Center, Newark, NJ, the [Power Breakfast Series](#) introduces business best practices from a national and international perspective. The series brings speakers from across the country who are thought leaders in their respective fields and incorporates local leaders and experts into the conversation.

[The Power Breakfast](#) also provides business owners and entrepreneurs a great networking opportunity. It offers them useful knowledge they can immediately apply to their organizations and provides opportunities for relationship building that facilitates access to business opportunities in the Newark area.

Reservations can be made online at <http://www.the-power-breakfast.com/registration>

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### **ABOUT A & J MANAGEMENT**

The Power Breakfast is organized by A & J Management and is one of its Brain Trust Initiatives created to expose individuals and organizations in the tri-state area to professionals with world-class ideas, information, and connections which will be invaluable in achieving their goals. These initiatives provide exposure that will expand vision, perspective, and goals which will further enable diverse organizations and individuals to grow and thrive. [www.aj-mgmt.com](http://www.aj-mgmt.com)