

TEAMS

Transition Employment Assistance for Military Spouses



Developed by the U.S. Department of Labor's
Veterans' Employment and Training Service

EMPLOYMENT WORKSHOPS FOR SPOUSES

We invite you to attend one, some, or all, of our military spouse and caregiver employment workshops. All workshops are live and instructor-led, and are offered virtually or in-person at host installations. Workshops are stand-alone training modules, and can be taken in any order. Registration is open now! Register online or contact us today at MilSpouse@dol.gov for more information.

YOUR NEXT MOVE – 2 Hours

Define and explore career opportunities

CAREER CREDENTIALS – 2 Hours

Define professional licensing/credentials and identify portability resources

RESUME ESSENTIALS – 4.5 Hours

Create your most effective resume

LINKEDIN PROFILES – 2 Hours

Create a profile that markets your professional brand

FEDERAL HIRING – 2 Hours

Use online resources to explore federal employment

LINKEDIN JOB SEARCH – 2 Hours

Get insider knowledge and explore LinkedIn features

MARKETING ME: A JOB SEARCH APPROACH – 2 Hours

Explore networking opportunities and develop a job hunt plan

INTERVIEW SKILLS – 2 Hours

Prepare for those hard to answer questions

SALARY NEGOTIATIONS – 2 Hours

Learn salary and compensation negotiation skills

Visit dol.gov/teamsworkshops

