

# 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](mailto: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](https://dol.gov/teamsworkshops)

