

# EMPLOYMENT WORKSHOPS FOR SPOUSES

Transition Employment Assistance for Military Spouses (TEAMS) is a series of the Department of Labor (DoL) Employment Workshops that assist Military Spouses and Caregivers as they plan and prepare for their job search in pursuit of their employment goals. All TEAMS workshops are instructor-led trainings.

Registration required 8 days in advance, with workshops subject to cancellation if minimum registrations are not met.

## Career Credentials - 2 Hours

Define professional licensing/credentials & identify portability resources.

## Flexible Job Options - 2 Hours

Explore, research, and secure legitimate, career-building flexible job options.

## Interview Skills - 2 Hours

Prepare for those hard to answer questions!

## LinkedIn Profiles - 2 Hours

Create a profile that markets your professional brand.

## LinkedIn Job Search - 2 Hours

Get insider knowledge and explore LinkedIn features.

## Marketing Me - 2 Hours

Explore networking opportunities and develop a job hunt plan.

## Mastering Resume Essentials 4.5 Hours

Create your most effective resume.

## Salary Negotiations - 2 Hours

Learn salary and compensation negotiation skills.

## Your Next Move - 2 Hours

Define and explore career opportunities.

### 7 October 2025 | In-Person

Interview Skills	0900-1100
Mastering Resume Essentials	1200-1630

### 20 October 2025 | In-Person

Marketing Me	0900-1100
Your Next Move	1200-1400
Flexible Job Options	1415-1615

### 17 November 2025 | In-Person

Career Credentials	0900-1100
LinkedIn Job Search	1200-1400
LinkedIn Profiles	1415-1615

### 24 November 2025 | In-Person

Interview Skills	0900-1100
Marketing Me	1200-1400
Flexible Job Options	1415-1615

### 8 December 2025 | Virtual \*\*

LinkedIn Profiles	0900-1100
LinkedIn Job Search	1200-1400
Salary Negotiations	1415-1615

### 15 December 2025 | In-Person

Interview Skills	0900-1100
Mastering Resume Essentials	1200-1630

\*\* Link Sent In Advance For Virtual Workshops