



Resources for Former Federal Employees and Contractors Seeking New Opportunities

The Maryland Department of Labor (MD Labor) offers a range of services for individuals exploring new opportunities or in need of reemployment support.

Our State's 33 American Job Centers (AJCs) provide support for all jobseekers in Maryland and our Professional Outplacement Assistance Center (POAC) specializes in professional, executive, technical, managerial, and scientific occupations. Marylanders can access the following services virtually or in person.

Résumé Writing Workshops

Looking for a deep dive into résumé writing best practices? The AJCs and POAC can help you to:

- ✓ Identify transferable skills;
- ✓ Gain expert guidance on writing and formatting effective, attention-getting résumés; and
- ✓ Navigate computerized screening tools that employers commonly use to organize and filter job applicants.

Specialized Workshop: Transitioning from Federal Employment

MD Labor has created a specialized virtual workshop for federal employees or contractors to help you regroup and redefine your career path, including transitions into the private sector or State public service. This expert-led workshop will equip you with the knowledge, strategies, and confidence to transition into the next stage of your career. Highlights include:

- ✓ Understanding the Private Sector Landscape
- ✓ Guidance on Applying for State Jobs
- ✓ Career and Skills Assessment
- ✓ Résumé Reinvention
- ✓ Effective Job Search Strategies
- ✓ Interview Preparation
- ✓ Networking for Success
- ✓ Emotional and Practical Support

To sign up today, email FedWorker.Transition@maryland.gov



Individualized Career Guidance

Jobseekers can schedule personalized consultations with AJC and POAC staff, who offer a wide range of valuable services customized to meet their unique needs. Services include:

- ✓ Career guidance aligned with skills, strengths, experience, and interests
- ✓ Tailored résumé writing assistance
- ✓ Mock interviews using [Maryland Workforce Exchange Virtual OneStop](#) tools like BigInterview
- ✓ Job search strategies
- ✓ Labor market information on the current job market, in-demand skills, and potential employers to inform decision-making on work search and salary negotiations

Reemployment Workshops for Unemployment Insurance (UI) Claimants

UI claimants may be required to attend a reemployment workshop as a condition of benefit receipt. These workshops, Reemployment Services and Eligibility Assessment (RESEA) and Reemployment Opportunities Workshop (ROW), offer UI claimants:

- ✓ Orientation to AJC services
- ✓ Introduction to accessing and using Labor Market Information
- ✓ Individualized reemployment plans
- ✓ Support for navigating the UI system
- ✓ Information on training opportunities

Coping with Job Loss and Transitioning into Other Jobs

Recognizing that the job search process can feel overwhelming at times, AJCs and POAC offer a suite of workshops beyond the basics of résumé writing, interviewing, career coaching, and interviewing. Dedicated resources are also available on:

- ✓ Managing stress
- ✓ Salary negotiation
- ✓ Job fair strategies
- ✓ Networking opportunities
- ✓ Using social media
- ✓ Career transitions

Agilities Workshops

These virtual workshops help individuals explore their skills and workplace strengths to successfully transition to new employment opportunities. The Agilities are a group of 10 work activities that are used in every job in the economy. The DeBruce Foundation has partnered with MD Labor to bring their free agilities assessment ([the Agile Work Profiler](#)) to the citizens of Maryland. Our trained and certified Agilities coaches offer these workshops on a monthly basis in our AJCs. After you take the Agile Work Profile, you can also access their [Career Explorer tools](#).