

## **Unique career workshops ask College grads - Are You Swinking or Swimming?**

*By FOOW? Fish Out Of Water?, LLC*

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*FOOW? (Fish out of Water?) is facilitating young alumni workshops that address transitioning challenges for young professionals "Deconstructing Discontent... Is it you, the job or both?"*

Leesburg, VA – Corporate training company FOOW? (Fish out of Water?) is facilitating young alumni workshops that address transitioning issues in burgeoning careers. George Mason University is hosting a session "Deconstructing Discontent... Is it you, the job or both?" which challenges young professionals to identify road blocks and to reason through the bogeyman---what is the worst thing that can happen, then what?

Founder Gwendolyn M. Ward explains "Our unique Now What? coaching is about You and whether you are driving or riding towards your success." A veteran corporate director, Ms. Ward embraces a customized approach when developing employees. She notes "Life is about decision making and recovering from the bad ones to live a better life instead of a bitter one."

Swinking® <http://www.foowater.com/swinking.php> is a term Ms. Ward coined to describe a state of life "when one is swimming in their mind, but sinking in reality" she continues "it's the gap between looking successful versus being successful. You have to work hard to find yourself because your identity will not be found through your job or any other role, so it is important for you to define what works for and against you...all while dealing with today."

FOOW? workshops include a pre-assessment questionnaire that allows them to customize their facilitation around participants' immediate concerns. Young graduates interact easily in a fun and informative setting with seasoned business professionals to help them respond to the "out of water" experiences many go through after college.

"It is important for universities to engage graduates as early as possible by providing social and enrichment opportunities to solidify a critical network," says Ms. Ward. "FOOW? offers a great post graduation value that supports this bond."

A FOOW? workshop will be held at George Mason University Fairfax campus in Fairfax, VA on October 29th 2008 and is FREE to GMU alumni (<http://alumni.gmu.edu/activities/102908.html>). For more information about FOOW? and their online discussion forums visit <http://www.foowater.com/default.htm>.

About FOOW?....The place to Answer the Now What? in your career!

FOOW? was created to help college seniors and young graduates navigate the sometimes treacherous waters between college and the business world; their corporate services include new management training for first time managers. At this time their workshops and seminars are available to universities in DC, VA and MD. FOOW? offers Myers Briggs Typing along with other methods to personalize solutions. Companies that would like to use FOOW? to recruit or market complementary services to this target market can contact the program at [Marketing@foowater.com](mailto:Marketing@foowater.com). To find out more about FOOW?, Please visit [www.foowater.com](http://www.foowater.com).

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FOOW? (Fish Out Of Water?) is the place to Answer the Now What? in your career!

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