

Rocky Job Market Sends Alums to Their Alma Maters for Professional Coaching and Support

By FOOW? Fish Out Of Water?, LLC

Dated: Feb 06, 2009

University of Baltimore and Marymount University to host innovative FOOW? (Fish Out of Water?) workshops in February and March to help local alumni navigate the rocky job market.

WASHINGTON, D.C. – An increasing number of alumni are going back to college, but not for advanced degrees. Facilitated by FOOW? (Fish Out of Water?, LLC), some colleges and universities are hosting career workshops to help young alumni develop strategies for career success, and navigate the rocky job market. The workshops also give alumni an opportunity to network with other young professionals and a forum to address job concerns.

According to recent data released by the Department of Labor, unemployment rates increased sharply in December 2008 in 363 of 369 metropolitan areas in the United States, compared to the previous year's data. These and other statistics are leaving many young professionals suddenly unemployed, and unsure of how to overcome their current challenges in the job market. Additionally, young professionals not yet impacted by industry-wide layoffs grow increasingly concerned about job stability and their futures with their current employers.

“With record high unemployment rates, and industry-wide budget cuts, the job market is more competitive than it's been in years, and job seekers are facing many challenges whether they are employed, unemployed or somewhere in between,” said Gwendolyn M. Ward, founder of FOOW?. “Downsizing has a ripple effect whether your name was crossed off the list or left on, which makes the apprehension extend further than job seeking. In our workshops, we use innovative strategies to help young professionals tackle a variety of issues, like ‘Defining Success’. Our goal is to help them identify what's holding them back, explore their choices and define their next steps.”

FOOW? was originally launched to help young graduates with ‘next level’ transitioning skills by exploring their personal and professional challenges with the help of seasoned business professionals. The company specializes in Now What? coaching for professionals who are in transition or going through their career Swinking? (not quite swimming, not quite sinking) phases. FOOW? helps participants address concerns, develop new perspectives and identify next steps with fun and interactive techniques.

“Our forum also allows participants to express their frustrations, anxieties and fears, and network with others in a ‘no judgment’ environment,” said Ms. Ward. “It's extremely important that people get the support and motivation they need when they are challenged by unexpected circumstances.”

FOOW? is facilitating alumni workshops at the University of Baltimore and Marymount University on February 18 and March 18 respectively. The company offers three professional development workshops for the alumni market, all tailored to meet the participants' needs.

For more information about FOOW?, or to schedule a workshop, visit www.foowater.com or call (703) 777-3806.

NOTE TO THE MEDIA: Gwendolyn M. Ward is available for interviews, and can provide ‘Swimming Lessons’ for Job Seekers for developing or feature news stories.

###

About FOOW??

FOOW? (Fish Out of Water?, LLC) is a multi-faceted resource for career transitioning. The company offers professional development workshops, one-on-one coaching for New and Swinking? managers, and Now What? career workshops for college seniors and young professionals. FOOW? is based in the Washington, D.C. metro area. Additional information can be found by visiting their blog, discussion forums and website at www.foowater.com. FOOW? gladly welcomes the participation of corporate sponsors. Corporate assistance helps to keep the costs of the workshops down for universities and participating alumni. For information on sponsorship opportunities, send inquiries to marketing@foowater.com.

Category Education, Human resources, Business
Tags job market, economy downturn, young professionals, higher education, career centers, professional development, coaching
Email [Click to contact author](#)
Phone 703-777-3806
State/Province Virginia
Country United States
Link <http://prlog.org/10178523>



Scan this QR Code with your SmartPhone to-
* Read this news online
* Contact author
* Bookmark or share online