

FOOW? Launches a Series of “Now What?” Workshops

By FOOW? Fish Out Of Water?, LLC

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Fish Out of Water?, LLC Delivers Unique Professional Development and Career Transitioning Solutions During Challenging Economic Times

WASHINGTON, D.C. – Record numbers of employed and unemployed professionals are struggling with change and transition brought on by the economic crisis and the soaring joblessness rate. For most, managing transition anxiety, evaluating opportunities and determining next steps won't be easy. To help professionals gain perspective and meet the challenges ahead, FOOW? (www.foowater.com) is launching “Lost Your Flow?”, the first workshop in its “Now What?” series, designed to help professionals at any stage of their careers move forward despite the downturn.

FOOW? (Fish Out of Water?, LLC) is a professional development and career coaching firm committed to providing entry and mid-level professionals guidance, mentoring and continuous support. FOOW? facilitates tailored alumni workshops on college campuses covering career transitioning, career direction and deconstructing discontent, in addition to corporate coaching services. The “Now What?” series are off campus workshops tailored to meet the specific needs of professionals in transition, and companies in the midst of layoffs and seeking ways to prepare soon-to-be displaced workers. The workshops are designed to help participants examine their current challenges and identify next steps to address their immediate concerns.

“Success is defined differently for everyone but during these uncertain times, anxiety can be higher whether you are unemployed, employed or underemployed and our goal is to help you work through it,” said Gwendolyn Ward, founder of FOOW?. “Our new series of workshops are intended to equip professionals facing a variety of concerns with the tools they need to get back on track through networking, guidance and insights to build a stronger support system.”

“Lost Your Flow?” workshops feature FOOW?'s signature interactive and entertaining exercises which allow participants to explore their “Now What?” concerns with out-of-the-box thinking, coupled with honest and helpful feedback. According to FOOW?'s past participants, the built-in networking, interactive approach and thought provoking discussions are key benefits in the workshop.

Registration is open for “Lost Your Flow?” workshops on May 6 and May 13 at the Hampton Inn & Suites, located at 22700 Holiday Park Drive in Sterling, Va. Early bird registration is \$125 per participant by April 24, and \$140 after the early bird deadline. Food will be provided and several coaching sessions will be raffled off during the event. For more information, call (703) 777-3806 or send email inquiries to workshops@foowater.com. For more information about FOOW?, visit www.foowater.com.

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.

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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.

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Tags career workshops, transitioning, professional development, alumni, college gradates, career, college alumni
Email [Click to contact author](#)
Phone 703-777-3806
City/Town Leesburg
State/Province Virginia
Zip 20175
Country United States
Link <http://prlog.org/10213825>



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