

## **FOOW? Shares Their Career Transitioning Style with Dress for Success-DC Chapter**

*By FOOW? (Fish Out Of Water?)*

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*Local professional development and career coaching firm helps women in transition*

Washington, DC. In today's tumultuous economy, partnerships and giving back are challenging for everyone and the concept of "Pay it Forward" is more important than ever. FOOW? (<http://www.foowater.com/about.html>) is paying it forward by contributing career transitioning workshops to Washington DC's Dress for Success Chapter. By offering a series of free workshops that focuses on meeting the participants where they are, FOOW? will help them identify their primary issues to address their immediate challenges.

Since 1996, Dress for Success has helped disadvantage women by providing professional attire, a support network and career development tools for women to thrive and not just survive. "I have donated suits to Dress for Success for years and I wholeheartedly support their mission. It is exciting to now be able to work with them on a different and personal level" said Gwendolyn Ward, principal and owner of FOOW?. The workshops will start on June 11th, 2009 and will be held at the Dress for Success Office in Washington DC.

In addition to providing select workshops as a community service, FOOW? offers a series of tailored and interactive workshops that are focused on today's career challenges ? from identifying the right career path, navigating from college to the business world and transitioning resulting from downsizing, discontent or re-entering the workforce. Their "Lost Your Flow?" workshop features FOOW?'s signature interactive and insightful exercises which allows participants to explore their "Now What?" concerns with an out-of-the-box approach and direct feedback.

Their next workshop is on June 24th, 2009 at the Hampton Inn & Suites, located at 22700 Holiday Park Drive in Sterling, VA. The workshops include Food, Networking, Guidance, Insights and drawings for several one-on-one coaching sessions. To receive a discounted rate, register before June 13th . To learn more about FOOW? or to register for their upcoming workshop, go to <http://www.foowater.com/offcamps.php>.

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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. For more information, call (703) 777-3806 or send email inquiries to [workshops@foowater.com](mailto:workshops@foowater.com). For more information about FOOW? visit <http://www.foowater.com>

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