

# Career Development Services



## Individual Counseling

- During an individual session, the EAP counselor provides a general assessment of interests, motivation, and job skills. The individual is assisted in creating a job search plan, cover letter and resume tips, and interview preparation. EAP counselors also help with the emotional challenges and stresses that come with losing a job and coping with life adjustments.



## Financial Consultation

Few events are as stressful as a financial setback associated with job loss. Utilize your EAP financial coach to make a budget, plan for managing bill payments, and get support managing financial uncertainty.



## Online Resources

- Access tools to build awareness of your goals and skills, understand the labor market and tips for planning a successful job search.



## Coaching

- Access phone or video sessions with a Coach to support goal setting, healthy habits, and personal development. Topics may include transitions, decision making, and improved resiliency.



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