



LMC INTERNATIONAL INC.  
WWW.LMCINT.COM

## **Career Transition Program Quick Start**

This program is designed for employees who would benefit from a basic level of support to quickly launch themselves into the active phase of job search. To maximize the effectiveness, the support is based on one on one sessions with a dedicated consultant.

Overall the Programs Include:

- Individual coaching sessions over a one month period to prepare for an effective job search.
- Provision of the LMC Job Search Manual which includes sample resumes and pointers on how to best deal with the realities of today's job market.
- Web-based self-assessment to consider career options.
- Preparation of market and deliverables focused resume(s).
- Assistance with developing emails for job postings, recruiters and follow up.
- Interview practice in person and on videotape that is carefully reviewed with the employee.
- Evaluation of job offers and assistance in developing, negotiating, permanent or contract agreements with prospective employers.
- Hands on assistance with technology and applying online.
- Provision of updated recruiters list categorized by functional specialty.