



Reservations are required. Spouses are encouraged to **register** and attend!

Call the Soldier for Life-Transition Assistance Program office at **703-696-0973**.

Available to all **registered** clients who have **completed** DD2648 and individualized initial counseling.

Your Capstone appointment should be completed NLT 90 days prior to separation.

Please contact our office at 703-696-0973 for scheduling.

Executive - ++ARMY DAY

(RETIRING W/ 20+YRS) **0730 – 1600**

March 9
March 16
April 13
April 20
May 11
May 18

Executive - DOL Employment Workshop

(RETIRING W/ 20+YRS) **0730 – 1600**

March 10 - 12
March 17 - 19
April 14 - 16
April 21 - 23
May 12 - 14
May 19 - 21

Executive - VA Benefits & Services

(RETIRING W/ 20+YRS) **0730 – 1600**

March 13
March 20
April 17
April 24
May 15
May 22

ETS - ++ARMY DAY

0730 – 1600

March 2
March 30
May 4

ETS - DOL Employment Workshop

0730 – 1600

March 3 – 4
April 1 – 3
May 5 - 7

ETS - VA Benefits & Services

0730 – 1600

March 6
April 3
May 8

Mid-Grade - ++ARMY DAY

(E5/6 and O1/3) **0730 – 1600**

January 13
April 6

Mid-Grade - DOL Employment Workshop

(E5/6 and O1/3) **0730 – 1600**

January 14-16
April 7-9

Mid-Grade – VA Benefits & Services

(E5/6 and O1/3) **0730 – 1600**

January 17
April 10

Entrepreneur Track “Boots to Business”

Jan 21 - 22 0800 – 1530
April 23 - 24 0800 – 1530

Accessing Higher Education

Feb 11 – 12 0800 - 1600

Career Exploration & Planning Track

Feb 11 - 12 0800 - 1600
April 7 - 8 0800 - 1600

Seven Decisions Before You Retire

Mar 23* 1000 - 1200
Apr 27 1000 - 1200
May 26* 1000 - 1200

Business Franchise Opportunities

Mar 26 1300 - 1500

Apr 30 1300 - 1500

Smart Banking & Using Credit Wisely

Mar 23* 1300 - 1500

Apr 27 1300 - 1500

May 26* 1300 - 1500

Financial Independence

Mar 24* 1000 - 1200

Apr 28 1000 - 1200

May 27* 1000 - 1200

Marketing Yourself for a Second Career

Mar 24* 1300 - 1500

Apr 28 1300 - 1500

May 27* 1300 - 1500

Finding and Applying for Federal Jobs

Mar 25 0900 - 1230

Apr 29 0900 - 1230

May 28 0900 - 1230

Tricare Benefits in Depth

Mar 26 0800 - 1000

Apr 30 0800 - 1000

May 29 0800 - 1000

Federal Resume *NEW*

May 29 1100 - 1500

Aug 27 1100 - 1500

*Education Center: Bldg. 417, Room 108

Workshop/Seminar Descriptions

++ARMY DAY – MY Transition, MOS Crosswalk and Financial Planning

CAREER EXPLORATION AND PLANNING: This 2-day workshop offers a unique opportunity to identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals.

ACCESSING HIGHER EDUCATION WORKSHOP: This 2-day workshop is designed to guide you through a variety of decisions involved in choosing a degree program, college institution, and funding, as well as prepare you for the admissions process.

ENTREPRENEUR TRACK “Boots to Business”: This 2-day workshop offers advice on obtaining an LLC, writing a business plan, funding for veterans, and mentorship to guide you into making your dreams of owning your own business come true.

BUSINESS FRANCHISE OPPORTUNITIES: A two hour class that explains the advantages of franchise ownership. Learn business models, investment ranges, financing options, which franchise to choose, entrepreneur’s resources, and more.

FINDING AND APPLYING FOR JOBS: This workshop enlightens Veterans and Transitioning Service Members about Federal Job Search Processes/Strategies: Hiring Reform, Benefits of Federal Government Service, Federal Pay and Advancement, Veteran Preference, Special Hiring Programs, USA Jobs, and much more.

FINANCIAL INDEPENDENCE SEMINAR: This seminar, presented by a trained & working financial planner, provides an extensive overview of personal finance topics for transitioning military personnel including 401(k) & 403(b) (Roth & Traditional), IRA strategies (Roth & Traditional), 529 college savings plan, Thrift Savings Plan (TSP), stock market and mutual fund investing, social security and long term care.

SEVEN DECISIONS BEFORE YOU RETIRE: This seminar reviews seven key decisions that service members must make when transitioning from service. The class discusses how to approach each decision in a way to make a choice best suited to the individual. Survivor Benefit Plan, VA Disability, Life Insurance, Medical and Dental Insurance, Long Term Care coverage, and Social Security options are reviewed.

SMART BANKING AND USING CREDIT WISELY: This is an introductory level seminar for those who seek a basic understanding of banking and the factors that affect one's credit rating. It includes items to consider in maintaining a good credit rating or repairing a poor one.

TRICARE BENEFITS IN DEPTH: Tricare options for retirees.

MARKETING YOURSELF FOR A 2ND CAREER: There are many challenges, rewards and event stresses when it comes to transitioning from a military career to a civilian career. This guide contains comprehensive advice on planning and conducting an effective job-hunting campaign. Learn what you can do to prepare yourself for a successful transition; including tips for self-marketing, job search, interviews, creating an attention-getting resume, cover letter and more. **OCT 2019, FY20**