



Resilience at Work: Empowering Jobseekers Strengthening Employers

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The Why

- Federal layoffs
- Loss of identity, purpose, mental health, stability (local economies)
- Need for targeted and empathetic intervention



Voices of Federal Workers



- “Grief — mourning the loss of my colleagues, agency, mission”
- “I’m weary... this is my fourth contract job change in a year”
- “I feel untethered”
- “Turbulence on the inside and ready”
- “Betrayed. Discrimination was involved.”
- “Redefinition”
- “Taking it day by day”
- “Relieved... because y’all are here with something so kind like this”
- “Strategic” and “Cautiously optimistic”

[illegible]

A word cloud featuring various positive adjectives and nouns. The words are arranged in a layered, overlapping fashion. The colors used include yellow, green, teal, purple, and blue. The sizes of the words vary, with 'excited' and 'hopeful' being the largest.

positive curious ready energ
excited
relieved grateful inquisitive
phenomenal encouraged motivated
hopeful
eager
resilience optimistic

About the Workshop



- 3-hour virtual workshop – began Feb 5th
- Designed to support federal employees and contractors transitioning into:
 - Private Sector
 - State or County jobs
 - Entrepreneurship

Core Workshop Components



- Private sector landscape and state job tips
- Resume reinvention
- Skills and Career assessment
- Support for new ventures
- Job search strategies
- Interview prep
- Networking guidance
- Emotional and Practical resilience

Partnership Driven Support



- MD Labor's LMI Team
- MD Labor's HR Leaders
- Big Interview
- MD Health Connection
- Federal HR Expert - decoding federal hiring and aligning career transitions
- Operation Hope - starting a business, financial planning, entrepreneurship
- Employer Hour (11am – 12pm) – real time job connections

POAC – the Perfect Partner



- POAC – The Professional Outplacement Assistance Center
 - Built for dislocated workers
 - Tailored for High-Skill Career Transitions
 - Services customized to professional-level needs not just entry-level support
 - Emotional and Practical support
 - Access to strong employer partnerships, co-hosts hiring events

Strengthening Employers



Access to:

- Disciplined candidates
- Many with security clearance
- Public sector essential skills
- Real-time connection via employer hour/job fair events
 - Job Fair Strategies workshop

Beyond the Workshop



- Job Fairs for federal workers
 - Rebuilding Careers Job Fair - March 18th
 - 78 employers, over 1000 registered
- Seamless follow-up from POAC
 - Resume reviews, Mock interviews, Career counseling
 - Emotional wellness support post-workshop

Stress Relief workshop (monthly)

Grounded Resilience workshop

For ANYONE impacted by federal cuts & actions

MARYLAND DEPARTMENT OF LABOR and
CENTER FOR GROUNDED ACTION

FREE RESILIENCE WORKSHOP

AUGUST 18
1 - 3 pm ET
ZOOM



**EFFECTIVE
PRACTICES**



EMPOWERING



**RELATIONAL
SKILLS**

ALL ARE WELCOME

- A virtual interactive and experiential workshop offered by the **Center for Grounded Action**.
- Participants will:
- Be met with compassion
- Gain insight into stress, challenge, and resilience
- Learn 2 powerful stress tools and 2 relational skills
- Leave feeling more grounded—with tools to stay there



REGISTER:
Scan the QR code or use this link:
<https://bit.ly/GroundedResilience2>



This workshop is offered by the Center for Grounded Action in partnership with the

Beyond the Workshop



- Salary negotiation workshop
- Upcoming
 - Financial wellness workshops (series)
 - Start your own business workshops

Participant Impact



- **Registered** – 2,363
- **Attended** – 1,376

- **Testimonials**

“grateful for this space and program”

“Once again, I just want to thank you and your team for today's session! As a HR professional who worked in the recruitment area for a very long time, I am very familiar with the federal way of resumes and ATS, etc.

Your session hit on the spots that I have found to be blurry as I work to transition to the private sector. I am leaving the session with more clarity and a bit more optimism for future possibilities!”

Participant Impact



“I was laid off from the federal contractor I was working for, as was 60%+ of their staff since federal agencies aren't allowed to re-sign contracts.

Your dedication, expertise, professionalism, compassion, and willingness to actively support us and field all of our questions, truly does make a difference!

They are bright and hopeful moments during this uncertain and scary time, and we can certainly use more of them right now.

I truly appreciate all that you are doing to assist me and others in the same situation!”

Resilience in Action



- Increase in confidence
- Adaptability
- Courage

- **Story**
 - Limo after layoff



We're grateful for the opportunity to share our work supporting Maryland's transitioning federal workforce.

Together, we can strengthen our economy by empowering jobseekers and engaging employers.

