



**Are you a Post-9/11 female veteran?**

**Could you benefit from increased personal resilience?**

**Are you ready to work on professional goals?**

After Her Service is a free program that combines a skill-building retreat with 4 months of one-on-one career coaching focused on setting and achieving career goals.

## Program Components

### Skill-building retreat

- Build optimism and positive coping
- Reduce stress and social isolation
- Challenge negative thinking
- Practice new approaches to self-care

### Career coaching

- Identify the gap between where you are and where you want to be
- Set and implement career goals
- Learn strategies to overcome obstacles

*Participants can also receive up to \$140 for completing evaluations of the program.*

## Eligibility

- Post-9/11 women veterans with a general discharge or higher and a minimum of 6 months post-military separation
- Able to attend a 2-day skill-building retreat (all travel expenses covered for the weekend)
- Can participate in one-on-one career coaching by phone (up to 12 sessions within 4 months)

**Apply today!**

[www.AfterHerService.org](http://www.AfterHerService.org)