



PRESS RELEASE

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When Is The Perfect Time To Update Your Resume? When You're Not Job Hunting

- Resume/Career Coaching Expert Counsels Against "Pressure Writing" -

CHICAGO, June 9, 2006 While there are many reasons for writing a new resume, there's one tip that is so important it will almost always improve the quality of your resume – be proactive and write it when you're not job searching, according to Resume/Career Coaching Expert Lauren Milligan, president of ResuMAYDAY.

“What happens far too often, and I see this on a daily basis, is that people are suddenly presented with a major opportunity or they are surprisingly unemployed and forced to develop a new resume,” said Milligan, founder of the suburban Chicago-based firm that provides services nationally. “The last thing you want in writing your resume is additional pressure to get it as good and as accurate as it could be, because that's an aspect that's always a part of the resume writing mix.”

By being proactive, Milligan added, people can add accomplishments as they are achieved, rather than recalling them in a pressure situation while attempting to hurriedly update a resume. And as the old saying goes, ‘Your resume represents your life’ – so why would you consider rushing it?

“I work with a variety of clients, from CEOs and vice presidents to students just out of college, but it's the majority of people who are in the middle of their careers that don't take advantage of resume updating, especially considering their accomplishments are better told if written right after they just occurred,” Milligan said.

ResuMAYDAY works with job seekers but also small to mid-sized companies throughout the country, offering outplacement services in downsizing situations. The firm offers a complimentary consultation prior to resume writing for all clientele. In addition, services include cover letter and other writing, career assessment consultations and interview skill sessions – a skill that most graduates lack.

For more information about ResuMAYDAY, visit www.resumayday.com.

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