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PRESS RELEASE

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September is International “Update Your Resume” Month

- Focus Is To Create Awareness for Crucial Step in Career Development -

CHICAGO, August 14, 2006 – September is the Sixth Annual International “Update Your Resume” Month, a holiday developed by the national association of resume writers and career counselors.

Lauren Milligan, president of Chicago-based ResuMAYDAY, which provides resume writing and career counseling services nationally, says that “Update Your Resume” Month provides job seekers with another reason to focus on developing their careers.

“There are several stages to developing a career or finding a good job and certainly one of the first is to have a strong, updated resume,” Milligan says. “Most people forget that you can update your resume even when you aren’t seeking a new position. But the ideal time to update it with accomplishments is when those actually take place; otherwise it is difficult to write up a strong recap of the achievement months or years later.”

Update Your Resume Month was created by Career Directors International, a professional association of career counselors, resume writers, job developers and more.

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 a quote on redoing your resume or for more information about ResuMAYDAY, visit www.resumayday.com.

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