

# My Navy Career Options

MY NAVY CAREER OPTIONS | THE STANDARD FOR CAREER READINESS

## Contemplating to Stay or Separate?

Not only is My Navy Career Options (My NCO) a course to enhance mission readiness, it is a course to equip Sailors in making informed decisions to further their military careers prior to transitioning to civilian employment.

By attending this course, Sailors will be better informed of life's factors that will directly impact their personal and professional goals.

- Financial Planning
- Health Insurance
- Professional Skills
- Education Benefits
- Career Opportunities
- Professional Networking

The course is facilitated by Fleet & Family Support Center and Command Career Counselors. Course is available face-to-face and on-demand online options when available.

The course focuses on guiding First-Term and Mid-Career enlisted Sailors through the Military Life Cycle (MLC) to develop their goals during military life into civilian life.

Just as the needs of the Navy have changed, the needs of Sailors also changed. This course was redesigned to minimize time away from the mission and help Sailors understand all the career options available, identify their needs and set realistic goals of skills needed while in the Navy to transition smoothly into a healthy balanced civilian life.

### CONTACT

Face-to-Face: \_\_\_\_\_

On-Demand: \_\_\_\_\_

### UPCOMING DATES

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Make a free account at <https://learning.zeiders.refineddata.com>.

Go to "Self-Paced" at the top of the homepage and click on "For Active Duty".

Click on "My NCO" to access the My NCO training.



[www.ffsp.navy.mil](http://www.ffsp.navy.mil)

