

Daily Pilot

Around Town

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By **Daily Pilot staff**



Former NFL player Thomas R. Williams will speak about transferable skills during a free workshop Saturday at Vanguard University in Costa Mesa. (The K Factor Enterprises)

Vanguard to host career workshop featuring former **NFL** player

Vanguard University in Costa Mesa will host a free workshop Saturday for people looking to enter the workforce.

The Work-Life Transitions

Workshop will include a session with former National Football League player **Thomas Williams**, who will speak about transferable skills.

Williams, a linebacker, played college football at USC before being drafted by the NFL's **Jacksonville Jaguars** in 2008. He was a member of six NFL teams until a neck injury forced him to retire in 2012.

Group and one-on-one sessions on resumé and cover letter writing, interview preparation, LinkedIn use, professional image and stress management will be available, along with blood pressure screenings.

The workshop will be held from 9 a.m. to noon in the university's Scott Academic Center, 55 Fair Drive.

It is presented by Vanguard's graduate programs, Veterans Center, the Global Center for Women and Justice and other business and community organizations.