

REDUCTION IN FORCE (RIF) TRAINING SERIES

[Reduction in Force] Part 1: Introducing the RIF Trainin...



Part 1: Introducing the RIF Training Series

ProFeds founder Chris Kowalik unpacks 22 topics to help federal employees navigate the RIF, including:

- Comparing the downsizing tools agencies can use
- Identifying the available pension and benefits options
- Evaluating the effects of taking various offers
- Highlighting 12 things every employee should do today

Introducing the Reduction-in-Force training series exclusively for federal employees facing uncertainty during DOGE workforce reductions. Throughout the 22-part series, Chris delivers information federal employees should

understand and actionable steps they can take to prepare if faced with RIF termination.

Get Updates on Your Benefits

Find Local Retirement Training

Instant Access to Webinars

Part 2: Lessons Learned from Deferred Resignation Offer

Part 3: Am I at Risk of Being RIF'ed?

Part 4: 12 Things Every Federal Employee Should Do NOW

Part 5: Comparing “Early Outs,” “Cash Buyouts,” and “Discontinued Service Retirements” (VERA vs. VSIP vs. DSR)

Part 6: Comparing a “Reduction-in-Force” and the “Deferred Resignation”

Part 7: Will I Lose My Pension if I'm RIF'ed?

Part 8: What if I am Already Eligible to Retire?

Part 9: What if I Don't Qualify for an "Early Out (VERA)" or "Discontinued Service Retirement (DSR)"?

Part 10: What if I Have Less than 5 Years of Federal Service?

Part 11: Can I Volunteer for a RIF?

Part 12: Is it Better to Quit Before I'm RIF'ed?

Part 13: Will I Get Severance Pay and How is it Calculated?

Part 14: Are Cash Payments (VSIPs) Being Offered?

Part 15: Can I File for Unemployment?

Part 16: Will I Lose My Annual Leave and Sick Leave?

[Part 17: What Happens if I Want to Return to Federal Service Later?](#)

[Part 18: Will I Get a Different Pension Calculation \(and When\)?](#)

Part 20: Will I Get to Keep My
Government Insurance (FEHB, FEGLI,
FLTCIP & FEDVIP)?

Part 21: What Should I Know if I'm a
Military Veteran?

Part 19: Will I Still Get the FERS Supplement (and When)?

Part 22: How Can I Access My Thrift Savings Plan (TSP)?



FEDIMPACT
Retirement Training by PROFEDS

FedImpact is the leading source for candid, no-nonsense federal employee retirement training.

QUICK LINKS

- [ProFeds](#)
- [GSA Schedule](#)
- [Request for Training Proposal](#)
- [Privacy Policy](#)
- [Terms of Service](#)
- [Cookie Policy](#)
- [Disclaimer](#)

FOLLOW US



All Rights Reserved.

