Free, comprehensive career coaching services are available to military spouses through the Spouse Education and Career Opportunities program. The career center is staffed by career coaches who work with military spouses to provide personalized coaching and guidance. Services are available through the Military OneSource Spouse Career Center at 800-342-9647 and through the MySECO website.

Career Coaches

Careers education and career opportunities are available to military spouses through the Spouse Education and Career Opportunities program. The career center is staffed by career coaches who work with military spouses to provide personalized coaching and guidance. Services are available through the Military OneSource Spouse Career Center at 800-342-9647 and through the MySECO website.

What does a career coach do?

Career coaches can help military spouses do the following:

- Identify current skills and determine required skills
- Clarify career goals and investigate career options
- Explore careers of interest and current labor market information
- Decide on an education path and how to pay for it
- Prepare for a job search and maximize job search efforts
- Participate in resume reviews, mock interviewing and salary negotiation tactics
- Learn how to self-market and build networks
- Investigate the skills and training required to become an entrepreneur

Career Coaching Packages

Take advantage of the opportunity to work with the same career coach over multiple sessions! Our specialized career coaching packages are developed to help you succeed in your chosen career path or with your unique career transition.

Industry Specific Coaching Packages

- SECO Entrepreneurial Spouse Coaching Package
- SECO Science, Technology, Engineering and Math – STEM – Coaching Package
- SECO Health Care Coaching Package
- SECO Intelligence and Cybersecurity Coaching Package
- SECO K-12 Education Coaching Package
- SECO Information Technology Coaching Package
- SECO Freelancing in a Gig Economy Coaching Package

Career Transition Coaching Packages

- SECO Career Readiness Coaching Package
- SECO Re-Entering the Workforce Coaching Package
- SECO New Spouse Coaching Package
- SECO Career Pathways Coaching Package
- SECO Permanent Change of Station Coaching Package

Spouse employment contributes to the financial and personal well-being of military families, and spouse satisfaction promotes the retention of service members in the military.
Individual Career Plans

Military spouses have the opportunity to develop a customized individual career plan, or MyICP, with the help of a career coach through a specialty consultation or the self-service MyICP option on the MySECO website. Career coaches are available to spouses every step of the way to discuss their career goals and objectives, next steps, and the tools and resources available to them.

Education Guidance

Career coaches work with spouses to research education options for all levels, from high school completion through doctoral and professional credential programs. They help identify schools and programs of study, provide tools that compare the costs of education, determine the most appropriate education program and provide information on scholarships, financial aid and financial planning.

Licensing and Credential Support

Career coaches offer assistance and resources to ease the stress involved with the transfer of licenses and credentials when military spouses relocate to an installation in another state. They guide military spouses through the Department of Labor CareerOneStop website and the Department of Defense Military State Policy Source website, which have the latest information on licenses and credentials.

The Importance of Career Coaching

Career coaches are a valuable resource for military spouses. They provide personalized attention and support and can target spouses’ specific issues, questions or requirements to make sure they meet their education and career goals. As new needs arise, coaches research and vet information to ensure spouses receive the most up-to-date and beneficial information available to them. Coaches are available for spouse’s current career and education questions, as well as future ones!

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The Spouse Education and Career Opportunities program provides expert education and career guidance to military spouses worldwide. For more information, visit https://myseco.militaryonesource.mil.