

IMAGINE PREPARE ACHIEVE



Day 1 Session 2: Career Changes

Mininia Hawkins: Welcome to the first day of the 2020 Virtual Military Spouse Symposium.

My name is Mininia Hawkins with the Department of Defense Military Community Support Programs office, the host for this week's symposium.

Our speaker today is Kathia Kilburn, a career coach for the Spouse Education and Career Opportunities program. Ms. Kilburn is going to discuss ways to pursue a career change while managing the unique challenges of being a military spouse.

Welcome Ms. Kilburn.

Kathia Kilburn: Thank you. Good morning, everyone. I am so excited to be here.

I see you all are calling in from all over. We have Japan, Cuba, Germany. We are just really excited for you all to be here today. As career coaches, we look forward to this symposium to give you a better idea of our resources and services.

Again my name is Kathia and today I'm going to be talking to you about career changes. As they say, there's a time and a season for everything, so if you are reconsidering your professional life, it's perfectly normal.

I'm hoping today what we discuss may ease some of the anxiety and stress about a change and kind of simplify what a career change may look like for you.

So, to get started here, I would like to know who is currently considering a career change. Let's all raise our virtual hands. You'll see it at the top of your screen on the left-hand side. You can just click the hands-up button.

I think the screen may still be loading, so we'll give it a second. OK, so I am seeing more of you who have been able to respond. And look at all of these hands. So, it looks like you're in great company and the amount of hands raised show just how many people may desire a new career path.

CDC says the average life expectancy is about your late 70s. So, you have decades of workable years and you don't necessarily have to spend those years doing the same thing.

If you're here and a career change is not an immediate step, just keep this information in mind. I plan to give you a good idea of how you can evolve in your current career path and considerations for the future if a change does happen to come up.

To continue on with today's agenda, we will discuss reasons for a career change, how you can explore your options for a change, ways to make that change, and lastly we'll wrap up with some questions.

We'll let you know throughout our discussion, some resources. They will be inserted in the general chat and I will try to respond to your questions. But, I do have help. Our team is actively responding to general chat and any technical issues if you need assistance.

Let's talk about some reasons why you may decide to make a career change. One, loss of interest is really popular. You may just be bored, or after getting into the field, it's not what you really expected and you don't like it very much. And that's OK.

You might be in a job that doesn't meet your financial goals and you understand in order to make more money you will need to consider another profession.

Relocation is always a big one. It can present challenges. Most military spouses you know are constantly moving. A new location may not have as many opportunities in your field and you know this happens if you end up in a rural area.

It can also be the opposite. Let's say you move somewhere like the Research Triangle in North Carolina that has jobs in technology. Maybe you moved to the DC metro area with jobs in politics and government. So, this could lead you to try something different.

And we don't want to forget about you all who have to deal with state licenses. The challenges of constantly transferring your license, that can also affect your decision to make a change.

If you're seeking advancement, this can coincide with financial increase. But it could also mean just looking for a different work environment or leadership. So, maybe these are like your teachers who become counselors or principals.

Lastly here, considering a lifestyle change. Simply getting married and having children may have you reconsidering your career path. As a military spouse, you can add the demands of the military, which may want you to have something more portable, even if you just want to work from home. It may mean you have to prepare for a new profession. A lifestyle change can also have to do with a health issue or a physical condition that may limit your capabilities in certain professions. So you just need to look into something new.

So, let's see here. We'll have a poll question come up for the group. And we can just share with each other here, why are you most likely to make a career change? Is it because of loss of insurance? You're in need of a financial increase? The constant relocation? You're seeking advancement? Or is it the lifestyle change?

I see your responses loading, so just going to give it a couple of minutes. There's a lot of us today – well a couple of seconds. There's a lot of us today so we just want to see where everyone is.

Alright. So, based on the poll it looks like relocation is winning. You'll see the results here, but I do see some comments about financial. That's a very popular concern, but for us military spouses, the relocation is a big factor. And of course that you may want to do something different.

So, let's get into this career change here. You have SECO, MySECO website, I'm one of your career coaches. We're all great places to start. Everything we discussed today is going to be on our MySECO website. The information is out there and we have put it together for you in an online library of career and education resources. We're your career center as a military spouse so continue to keep that in mind if you do need assistance.

In addition to the website, you can contact us for a one-on-one career coaching. Prepping for a career change isn't something you have to do alone. It's a really big step, and as a career coach myself and other coaches, we can guide you and help you process your options.

We have a number of coaching packages to put you in the right direction and keep you on track. And coaching packages are long term, so you can have multiple coaching sessions to discuss your career plans.

Now, some of our packages are transition-focused and concentrate on career change, say, if you're just looking for a new career or you decide you need a new job. Maybe you're a new military spouse. An upcoming PCS is a good time to talk about change. Maybe you've been out of the workforce for some time, or again you just want to work from home.

If you have a specific industry in mind for a new career like the federal government, healthcare, education, IT, intelligence and cyber security systems, these are all industry-focused packages that we have with you to focus on those areas. There's also a couple of packages on self-employment, including freelancing and entrepreneurship if your career change means you working for yourself.

So, we'll start discussing what your career change may look like. But, remember again you're not alone taking these steps. So, you can always contact us for a session.

A career coach can give you a more customized experience.

Yes, there are career coaches for federal government employment. I did see that question. That is one of the coaching packages that you can contact us for.

For your career change, you're going to start off with exploring your options for this change. You really want to ask yourself what is your career change going to be? And there are a couple of ways that you can answer this question.

On MySECO, we do have a number of different career assessments that are available to you. These assessments are a great way to learn more about yourself and start exploring options for a new career, and you'll be able to find them right on the MySECO website.

As a coach we'll often recommend assessments to you, or even a combination of these types that would work best. Here's the list of the different assessments that we have on MySECO and these are all free for you to take.

Traitify listed first is our go-to assessment, so I'll come back to this one to give you a more of an overview about it but we're going to talk briefly about these other options here.

I see Kristin has already taken Traitify. Thank you for confirming how quick it is. So, yes Traitify, that is one of the things that we love about it. Some of the other assessments here you have Myers Briggs, very popular personality assessment. It assigns you to a personality type, you've probably seen it all over the internet and it can be used to offer assistance and pretty much anything, but our focus is career planning. So based on your identified personality type, it will offer career suggestions.

The Strong Interest Inventory is offered with Myers Briggs and the combination of the two can help you identify career choices. While Myers Briggs focuses on your personality, the Strong will focus on your interests. So your result can reveal options based on both of those assessments. You will need to contact SECO in order to access either of those assessments. And then you'll be able to schedule a coaching session to discuss your results.

We do have on-the-spot assessment such as CareerOneStop Skills Matcher and the O*Net Interest Profiler. The Skills Matcher lists a variety of skills for you to select and you'll be able to provide a summary of your skills. And what it does, it gives you a list of occupations that match your skill set. So this is a good assessment that you can take with some of the other more personality-type career assessments.

The O*Net Interest Profiler, this one is another interest type of assessment. It does categorize the type of work you would enjoy based on your interest. So if you're looking for immediate results, this can be an alternative to you taking the Strong Interest Inventory.

Now, for those of you who are considering entrepreneurship for a career change, we have the Entrepreneurship EDGE that gauges your readiness to start a business. You'll also need to contact SECO to take this assessment.

So, let's talk about Traitify. This is SECO's flagship career assessment and these next couple of slides will show you a little bit more about the Traitify assessment. It's readily available for you to take on MySECO and can prompt the discussion for a career change in just a few minutes.

As a coach this is what I love about Traitify. It is something that I can easily do during a coaching session with you. It is visually appealing, really quick but it's very thorough. Your results are instant and it will lead to over 50 career matches with details on each career. So we are literally talking about like 90 seconds.

In order to access Traitify you must have a MySECO account. The MySECO account requires a DS logon. If you're able to create the DS logon, you'll be able to register on MySECO and take the Traitify assessment. Once you're in, you can take the assessment immediately.

On this screen, you'll see two options to access Traitify on MySECO. One, you can go to Career Exploration and visit the Self-Exploration page. That's where all of our career assessments are and this is the first option that's shown. The other option is by clicking on Assessments in your personalized menu bar that pops up when you're logged into MySECO. This is the second option shown on the slide. Both of the options will allow you to take the assessment but your actual results are going to be stored under Assessments for future reference.

Your results will be presented to you like this. It's a personality blend. This is the very first page you will see after completing the assessment. And this personality blend is based on the two personality types that she scored the highest in. As you can see here the results are for a mentor and visionary, and it gives you an explanation of this type of person's personality.

Thank You Caitlin for your note about that DS logon. Alright, well after going through your results you will see your career matches here. You will have many, many matches. And this is the part that I love about Traitify. The amount of immediate options.

This here just shows the first line. And they're in order based on your closest match. They can be narrowed down based on your level of education as well. These matches can be very useful when identifying short- or long-term career goals, which can be further discussed in a coaching session. This person is a match for training and development specialist, judges, and directors of religious activities and education.

If the first view does not interest you, you don't need to be alarmed. The results will include everything from flight attendants, to financial counselors, to judge. I mean you'll have over 50 different matches to review. And then there'll be a range of

options based on what your link is. You'll be able to click on each profession to learn more about it.

Which brings us to research. So, once you have some career options you can start your research. Research, research, research. I cannot express enough how critical this part is. The last thing you want to do is invest in another career that you don't like or you can't sustain. So, really take this time to learn all that you can about your career.

Many of the assessments like Traitify, they have a direct link for you to immediately begin reviewing information. Like, when Traitify, if you clicked on any of those results it would automatically lead you to occupational and labor market information.

The occupational information is going to focus on the duties, the work environment and education requirements for a career. You want to get into what these people do, what their hours are like, and just making sure that this is a career you enjoy. Or if pleasure isn't the priority, you at least want to be sure it's something you can realistically do.

Don't forget about the labor market info. For the people who want to make more money as a breadwinner, this part is for you. The labor market info tells you about the average salary and projected growth.

So, really think about how your career options fit your financial needs. We all have expenses – rent and mortgages, groceries, whatever it is, child care – I know that's a big one. I have a 2-year-old. We get it. No one wants to work just to pay child care. So, really think about the money this job would provide weekly, monthly and whatever that amount is. Will you and your family be OK? This is the type of conversation you will have in a coaching session. And MySECO has a Research Occupations tool on the website that you can use to immediately give some information.

Now that we've discussed exploring your options, your next step is deciding what you can do to make a career change. A career change, one of the ways that it can start is by finding a new job, going to school or starting a business. You may not have the answer today, and that's when a coach like myself can come in.

The poll question will come up and we just want to see who is considering what. So, you can choose if you're in a place where you're looking for a new job, you'd go back to school, or if you'd consider starting a business.

I see all of the above, so we'll cover both options, or all three options, rather, and some of these things, that's a good point, you can do simultaneously.

Marybeth asks how long you can use a career coach. You are able to use as long as you're able to contact Military OneSource. The career coaching packages are ongoing so it can be a couple of sessions, it can be 10 or more sessions.

Alright, so it looks like our most of our responses are in and we can go ahead and show the results. The vast majority of you are considering finding a new job, which is a really good way to jumpstart a new career. But it doesn't have to be the only option. As was mentioned you may want to try a couple of options or you may find yourself looking into all three.

Right now that appears a number of you have an idea of next steps and for those who don't, sometimes you need a voice to give you that extra push or confirmation that you are going in the right direction. That is something us career coaches are happy to do. It's common for me to speak with spouses who, for example have all of the means to operate their own business but for whatever reason haven't considered it for their career change.

I will be the coach to point that out to you. Like if you tell me you're taking pictures for families and you really enjoy it, well that might be something that you want to put your efforts into since it seems to work for you. Sometimes I speak to spouses who literally have everything they need, whether it's experience, education, or skills to apply for the job that they want, but it can be hard to see because it appears so different.

Whatever it is, once you identify a new career path, either of these options will put you on the path for a change. And most of you here, it sounds like the career change you're looking for is finding a new job. And in some case it is as simple as that. Just finding a new position. Like I have heard technical writing come up a few times with military spouses, and it's one of those careers that heavily relies on expertise, so if you have the expertise and your goal can be to get into something like technical writing within the industry you've been in, career readiness, strategic job searching and networking – those are all the essential steps to push you on that new career path.

Before you dive into your job search you really want to make sure you're ready. A career change can be rather complicated even for the most seasoned professional. Since the position you go for will be rather new to you, it's important to focus on presenting yourself in a way that is going to be most meaningful to employers.

So, you start off by gathering and updating your job application materials. This could be your resume or cover letter. But that can also include transcripts, writing samples, presentations, performance reviews or any portfolio that you have. I'm going to encourage you to find all of these different materials. Of course with resumes and sometimes cover letters, there are standards to apply. But the additional items may give you insight on your strengths, show transferable skills that you have, and it can be an example to employers of your readiness for a different kind of position.

Consider your transferable skills – what relevant skills can you bring to a new career. For example, if you happen to be in retail and you see yourself having a career in corporate sales such as account management, you may find yourself

updating your resume to focus on your interaction with customers and promoting new company products.

Going back to one of the spouses who was interested in technical writing, her experience has to do with contracts with the federal government. But she happened to be a good trainer and that's something that she's done a few times. So, we focused on that. I explained to her, if she can teach others, then she can write the instructions down, thus forging a career in technical writing.

All of this goes into you assessing your qualifications. Make sure you're reviewing your previous work experience and education to confirm that your background does meet the requirements for openings of interest. And that is going to be reflected in your application materials.

At this time you'll consider those transferable skills and how your work experience and education meets the needs of the position. So, like with technical writing being all about expertise, she can focus on finding jobs with government contractors who have openings available for that career.

When you have a handle on your transferable skills and qualifications, you will want to focus on specific job openings and start updating your resume and tailoring it to ensure the content shows how you best fit a job opening.

Now, this is a task that does not end until you get that job. So you want to make sure that you're treating each job posting as an individual, and let it inspire what you put on your resume. In your cover letter, it can offer a logical explanation for your transition. So again, an example with technical writing, you may explain your experience training others on software.

You do want to make sure you brush up on your interviewing skills, listing examples of your experience to better prepare for answering behavior-type questions. For someone seeking a career change, your example should highlight experiences that are connected to your career. Be prepared to explain how you are ready to go into this desired position. Your tailored resume will help you with those.

MySECO, our website, we have many resources to assist with career readiness. There's a resume builder, sample resumes and cover letters, as well as practice interview questions. Consider contacting one of us career coaches for the career readiness coaching package for that one-on-one assistance with your resume and other readiness concerns. We can even do a video mock interview with you for practice. As a career coach, I'm happy to help you identify those skills and examples for you to feel most confident when you're going through the application process.

Now with your career change, it does require effort, but you will need support and there are a number of programs that are willing to help. Look for those programs that may offer you an advantage as a military spouse.

Here are just a few resources to consider in addition to your standard job search. Here at SECO, we have the Military Spouse Employment Partnership, also known as MSEP. If you've called us and spoken with us before you've probably heard a lot about this program. But it is a really great way to identify new job opportunities. We have over 440 partners. They're in a variety of industries, and these are all employers who support the mission to recruit and hire military spouses.

Get familiar with these employers who offer opportunities that would support your career change. Like right now due to COVID-19, Amazon, CVS Health, Aetna – these are a few of our partners who have been looking to hire tens of thousands new employees to support this crisis.

I actually just spoke with the spouse who has a seasonal remote position in logistics with Amazon. You too, can be a part of the fight to help as well as push your career in a different direction. Here at SECO, we keep you posted on such opportunities and connect you with hiring managers.

The Military Spouse Corporate Career Network is another one of many organizations that work with military spouses. This particular organization, they have a network of employers and hiring managers that they work with to connect you to job opportunities. Their connections with corporate recruiters may be the push you need for a career change.

SECO can also connect you to your local American Job Centers for employment resources in your community. American Job Centers are located all over the country. And they may have the connections you need for local employers who can use your skill set.

So, it's always good to reach out to your assigned military installation for local support. I know many of you desire a career that coincides with the needs of the military installation. So your civilian personnel offices, education centers, Fleet and Family Readiness, those are all great places to start to get an idea of the opportunities on the base, and Military OneSource does have an installation directory right on the website for you to locate services.

Now here at SECO, we do have a really exciting new position to help you with your job search with our MSEP employers. And this here is the Job Search Navigator. The Job Search Navigator helps military spouses find job opportunities with their MSEP partners that match your background and your career goals.

Now, to connect with the Job Search Navigator, you will want to work with us career coaches to make sure you are job-ready. Job-ready means you have a clear target for positions, you have done a resume review with the coach, your resume is tailored for a specific position, you're able to write an effective cover letter, and you have participated in interview preparation. These are all things that a career coach would do with you.

If you are job-ready, you will work with the career coach and provide as much detail as possible about what you're looking for. And we would communicate this to the Job Search Navigator. From there, the navigator will provide 10 to 15 job leads and your coach will update you via email on those opportunities. While we actively provide job information, this isn't a placement service. But us coaches will continue to monitor your progress and support you every step of the way.

One of the spouses I am currently working with, she has a background in finance and insurance. We've had about five sessions already. And our sessions included, you know, identifying professional development opportunities. She updated both her resume and LinkedIn account. She reviewed interviewing materials, and over the course of a month, she's applied to multiple positions. For now, she decided she was best suited for positions in financial counseling or employee benefits. So this is the information that I've provided to our new Job Search Navigator, who we are letting focus on finding those opportunities for this spouse so I can provide that information back to her.

Kiki asked about what types of interviewing material. There are practice questions that are on MySECO. There are also examples of questions that you can ask employers. We have information like, on an elevator pitch to help you construct some of your responses, like to tell me about yourself. But you will definitely want to contact us for career coaching. Again those mock interviews are a really good way to practice. And if you need help in person, in that case it would be a good idea to visit your installation.

Alright, so with continuing on your journey for a new career you do want to make sure you are actively networking. We all have a variety of networks, including coworkers, people you've gone to school with, people who are in the same profession as you. And then all of us here – we have a network of military spouses.

All of your networks are important and they keep you in the know. But as a military spouse you always want to consider the network that you have here with the military. There's the support of the SECO program and many organizations that offer assistance. Hiring Our Heroes happens to be one of these organizations and they are great for networking. They host a number of events for military spouses and they offer professional development opportunities to boost your networking experience.

You also want to look out for career fairs. Many military organizations host them. Your schools, community organizations. You'll have professional organizations that do them, churches, all of these here are options. Virtual hiring fairs – they're becoming more popular and they allow you to interact with employers at a designated time online. We recently had one in February that a lot of spouses enjoyed.

Here at SECO we host multiple events like the symposium and oftentimes they're with other organizations, military installations, our MSEP partners in the DOD. Next

month we have a number of events on LinkedIn and Facebook for you to connect with us coaches and MSEP partners. And we do look forward to actually seeing some of you in person, hopefully soon, as we're of course monitoring COVID-19. You'll be able to meet myself and other coaches.

We're looking at this summer, a few installations are hosting a military spouse career empowerment expo. I plan to be in attendance. And again, we always look forward to speaking with some of our spouses in person. The homepage on MySECO has a calendar, and this page will keep you updated on these events, both in-person and virtual.

You can also consider field experiences to enhance your network. There's volunteering, job shadowing and informational interviews. These are experiences you can add to your resume and use as an opportunity to build connections. Volunteering can lead to job opportunities and the contacts you establish from informational interviewing or job shadowing, those can be the catalyst to connections in the workforce. So identify organizations and professionals that are aligned with your career goals. All of these are connections we can direct you to during career coaching.

LinkedIn is another way to connect with employers and professionals all around the world. LinkedIn Premium can enhance this experience and we're happy that we're able to offer a premium account to our military spouses at no cost. LinkedIn is a really great, great jumpstart to your job search, especially for someone who is looking for a new career.

These are just a few of the features. Here again, it does let you build a variety of different networks, so if you are in search of a new career, you may want to tailor your network as it relates to your profession of interest. This is a really easy way to connect with companies and other professionals who are like-minded and share your professional interests.

You're able to search and apply for jobs on LinkedIn, but one of the bonuses with the premium account is the job comparative analysis. This allows you to see how your education, experience and skills compare with other candidates. I know this can seem kind of intimidating but it's really useful if you're trying to determine how qualified you are for a new career. Having insight on other candidates may lead you to consider professional development, but it may also indicate experience you already have that you should highlight.

If you do need to pursue professional development, LinkedIn has access to over 12,000 courses for free via LinkedIn Learning. Another advantage of LinkedIn Premium is the ability to message other professionals that you're not connected with to build your network. So, it's a great way for you to start a conversation about transitioning into a new career.

Many military spouses have a desire for a career change that's flexible, so with the premium account it will give you tips on finding jobs that are remote, flexible or freelance opportunities.

With SECO, we have coaching sessions and webinars to train you in LinkedIn. We have a checklist that would guide you on the changes that you may want to make on your profile, or activities that you would want to participate in. This will help you maximize your use of the LinkedIn Premium benefit. As long as you're able to create that DS logon you'll be able to register on MySECO and gain use of LinkedIn Premium and that access is up to a year. So feel free to contact us if you're interested in a premium account.

Now, if you don't meet the education requirements for your desired career, then you will need to look into going to school. You want to determine the entry-level education requirement. That can vary from a high school diploma or up to a doctoral degree. You'll have to decide if you can commit the necessary time to meet these requirements.

Make sure you have an understanding of any certification requirement. There's a difference between a certificate of completion and being certified. The certificates of completion, they're issued by schools and may be an entry-level education requirement. But being actually certified is granted from a professional organization.

Programs like Onward Opportunity can help qualified professionals get certified in different areas. It's a really good option for those who already have education and work experience and you need to get certified to boost your career. With certification, it can get a little complicated because not all certifications are equal. Some are more in demand than others. And when coaching, I always discuss the quality of a certification with our military spouses. This could mean checking employers' preferences or requirements with different state boards just to make sure that you have the right type of certification.

Which brings me to the state licensure part. I know many of your professions may require a license like cosmetology and those in healthcare, and transferring from state to state can be really challenging for spouses. I've spoken with many who just had enough and for that reason alone they decided a new career change.

Some professions have made great strides in licensure portability, like nursing, but in others it can feel like starting from scratch. So make sure you're aware before you make any changes. As career coaches, we're on your side when it comes to obtaining the best certifications. And we really take the time to evaluate options with you to make sure you'll be most competitive in the job market.

The military has made great advances to support you. You are able to get reimbursed up to \$1,000 for the cost of transferring a license due to a PCS. So you can always contact SECO for more on certification options and the licensure resource guide.

Once you have an idea of the education requirements, you can start looking for programs. If you find yourself in need of a degree or certificate of completion, depending on what you study it may be a program with limited options. Your location is a really big factor. Most of your community colleges have programs like nursing, but not so many have diagnostic sonography, for example. The more specialized your program is, the more rare it can be. So just keep that in mind.

Along with locations, there is concern of the duration of the program. So you'll have to consider if you can realistically complete a program where you are. Sometimes furthering your education may mean that you have to be away from your family or your partner. I was talking to many military spouses who've gone through this. There isn't a right or wrong answer. It's just about what's best for you and your family. And you want to be prepared to make these decisions.

Accreditation is another thing. You want to make sure you have the right accreditation. And this is a really good time to get in touch with those career coaches. I know military spouses, you can be overwhelmed with different schools making contact, especially if you qualify for our MyCAA scholarship. This is the type of conversation we have with spouses using MyCAA all the time. But even if you do not qualify for MyCAA, you can still contact us for guidance on your school selection.

Online programs that's another option. They're very popular nowadays and attractive to military spouses with relocation, but again for some studies it may work. For example business, that's a really popular online program. But as far as healthcare programs, those are not so popular online. And if you do see them online, you may run into accreditation or certification concerns. So, if the option is for a program to be completely online, then that is another thing that may change your career goals.

Always make sure you're considering the cost. If possible, you do want to avoid your career change creating or increasing any debt for you and your family. There are a number of funding programs and resources like MyCAA and scholarships that are available through each branch of the service. On MySECO we have a scholarship database that allows you to look for additional funding opportunities.

My biggest advice for spouses who need to pursue some form of education, just be sure you're not making a decision based on recruiters and their promises. I know some of the programs, they seem easy but it doesn't always make it the best option for you. So let us coaches help you through those decisions. Your career coaching sessions can easily focus around your school choice and if ultimately you need to consider alternatives that's something we can discuss as well.

So lastly here, we'll talk about starting a business. Let's say that your change is focused on you having a business. There's some considerations for a business and resources to help military spouses with this endeavor. If you want to start a business, think about your interests, skills and talents. Either of these will be the focus of your products or services.

Interest can come from anything, and tends to evolve like, if you get married or buy a house and you develop an interest in wedding planning or real estate. Someone who's good at taking pictures or following their own fitness plan may use these skills to be a photographer or a personal trainer. Your interests, skills and talents, this is often where you'll find the foundations for your business. Consider your lifestyle, since you know military spouses, there's a constant challenge of relocation. You may have to focus on a business that is mobile and allows you to offer services virtually. If you're working, have children or are in school, your business may work around these priorities. So just make sure you're really thinking about how a business will fit into your current lifestyle.

There's also the time commitment. How much time can you commit if you do have a 9-to-5 business? Planning may be a 6-to-8 commitment. For those of you who maybe want to work with a business that, while your children are in school, then your business availability may be during traditional school hours. You just want to gauge this time early on to ensure you're staying on track with your business goals.

As a military spouse, there are a number of organizations that cater to your business needs. You have a Small Business Administration that has everything you need as a new, prospective or a continuing small-business owner. If your career change is based on starting or growing a business, I highly recommend joining us tomorrow with the Small Business Administration, Stan Kurtz from SBA and Jilan Hall, another military spouse and small-business owner. They're going to present *Is Your Vision Owing Your Own Business?* Again, this will be tomorrow, Thursday, April 30, at 10 a.m. It's a really great opportunity for you to learn more and explore if small business is a route for you.

Blue Star families, they're really popular in the military community and they have Blue Star Entrepreneurs, which is a professional network for military spouses who happen to also be entrepreneurs. LiftFund helps with financing new and existing small businesses. The Rosie Network offers access to business support and resources like promotion, mentoring and online training.

And lastly, Veterati. They will find answers to questions related to entrepreneurship for military spouses. We have a section on entrepreneurship and self-employment right on the MySECO website, and one of our coaching packages is specifically for entrepreneurship if you'd like one-on-one assistance.

Wrapping up, there are a number of resources that are on MySECO. Here are just a few that stand out to me. These can get you started with your career change. And we use these resources with our spouses during coaching to get you familiar with these tools.

The Occupational Outlook Handbook, it gives a great overview of most of the professions that you can think. My Next Move and the College Scorecard will help you find education and training programs, CareerOneStop is particularly useful if you're in the job market and you need help with resume writing, cover letters,

interviewing. And then the Spouse Ambassador Network gives you a detailed list of the many military-affiliated organizations that support military spouses in reaching their career goals.

Remember you can always contact SECO to be connected to any of the resources we discussed today via our variety of coaching packages with our awesome career coaches here.

So, this concludes our presentation for today. Feel free to reach out to us to schedule that session with the career coach. You can also connect with us using the following links on Facebook , Twitter and LinkedIn. And again our SECO events calendar will keep you updated on all of our events. Thank you so much everyone for attending.

It looks like we have a couple or more minutes for remaining questions so we'll do that from here.

Mininia Hawkins: Yes, Kathia, it looks like we may have time for one question.

Kathia Kilburn: Sarah, there is a link that gives you information about LinkedIn Premium. It's on the MySECO website. If you don't have a MySECO account already, you can just pull up the MySECO website. That's MySECO.MilitaryOneSource.mil. Make sure that you get registered and call us for that LinkedIn Premium connection.

Thank you everyone so much. It was great having you all here and especially some of you were up really early for this session. We're overwhelmed by the response today and it was a really great time.

Mininia Hawkins: Thank you, Kathia. That was great information. A great session. Thank you for all of the information that I think the spouses can definitely use going forward.

To download the available handouts from this session, including the presentation slides and our SECO program flyer that discusses the resources and services available to military spouses, as well as the SECO Career Coaching fact sheet to learn more about career coaches, how career coaches can assist you, please highlight the document and click the download files button. The items will download to your computer in a compressed file.

If you are connecting from a mobile device and are unable to download the file successfully, you may enter your email address into the Trouble With Download chat pod to receive the materials after the event. If you have trouble, please let us know in the Need Technical Assistance chat pod. In the Weblink pod you will find two links. The first link is the session survey. Please provide feedback on your experience today. And the second link is where you can download your certificate of appreciation. This concludes our presentation. Please join us at 11 a.m. for Presenting the Best Version of You. Have a great day and thank you again for joining.