



**REFLECT.  
EXPLORE.  
ACT.**

## 2021 Participant Guide

You take care of everyone else — now it's time to FOCUS ON YOU! We know you're busy, so this guide is designed to help you get the most out of your time. You'll have the opportunity to complete exercises to prepare for, participate in and keep the momentum going after the symposium. If you have any questions, call the Spouse Education and Career Opportunities Career Center (Monday through Friday, 7 a.m. to 10 p.m. EDT; Saturday, 10 a.m. to 5 p.m. EDT) at 800-342-9647. Let's get started!

### PREPARE FOR THE SYMPOSIUM

Take some time to think about the following questions and celebrate who you are!

#### What five things bring you joy?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

#### What five things deprive you of joy?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

#### What do you value?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**What are your goals?**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

**PREPARE TO GET THE MOST OUT OF THE SYMPOSIUM**

Select the sessions you plan to attend and what you hope to get out of them. Use the space to take notes during the sessions.

<b>Time</b>	<b>April 27</b>	<b>What I hope to learn</b>
<b>9-9:55 a.m.</b>	<b>How to Self-Care With One Source</b>	

**What can you ask to make sure you get what you would like from this session? (ex: Is there a cost for Military OneSource services?)**

**Take notes during the session so you don't miss anything:**

Time	April 27	What I hope to learn
10-10:55 a.m.	Be Your Own Boss – Finding Your Passion	

**What can you ask to make sure you get what you would like from this session? (ex: How can I get ideas for the type of business to start?)**

**Take notes during the session so you don't miss anything:**

Time	April 27	What I hope to learn
11-11:55 a.m.	Understanding the Federal Job Search	

**What can you ask to make sure you get what you would like from this session? (ex: What is spouse preference and how can it help me?)**

**Take notes during the session so you don't miss anything:**

<b>Time</b>	<b>April 27</b>	<b>What I hope to learn</b>
<b>1-1:55 p.m.</b>	<b>ResuME – Telling Your Story</b>	

**What can you ask to make sure you get what you would like from this session? (ex: How do I choose what to include on my resume?)**

**Take notes during the session so you don't miss anything:**

<b>Time</b>	<b>April 27</b>	<b>What I hope to learn</b>
<b>2-2:55 p.m.</b>	<b>Breakout Group</b>	

**What can you ask to make sure you get what you would like from this session? (ex: What resources are available from my service branch?)**

**Take notes during the session so you don't miss anything:**

Time	April 28	What I hope to learn
9-9:55 a.m.	Focus on Creating Your Unique Brand	

**What can you ask to make sure you get what you would like from this session? (ex: How do I stand out from the crowd?)**

**Take notes during the session so you don't miss anything:**

Time	April 28	What I hope to learn
10-10:55 a.m.	Be Your Own Boss – Making it Happen	

**What can you ask to make sure you get what you would like from this session? (ex: What resources are available to help me be successful?)**

**Take notes during the session so you don't miss anything:**

<b>Time</b>	<b>April 28</b>	<b>What I hope to learn</b>
<b>11-11:55 a.m.</b>	<b>Mastering the Federal Job Search</b>	

**What can you ask to make sure you get what you would like from this session? (ex: What information do I need to collect before applying for a federal job?)**

**Take notes during the session so you don't miss anything:**

<b>Time</b>	<b>April 28</b>	<b>What I hope to learn</b>
<b>1-1:55 p.m.</b>	<b>ResuME – Interviewing Powerfully</b>	

**What can you ask to make sure you get what you would like from this session? (ex: How do I get comfortable interviewing?)**

**Take notes during the session so you don't miss anything:**

Time	April 28	What I hope to learn
2-2:55 p.m.	Breakout Group	

**What can you ask to make sure you get what you would like from this session? (ex: What resources are available from my service branch?)**

**Take notes during the session so you don't miss anything:**

## **KEEP THE MOMENTUM GOING!**

**What excited you most about the VMSS?**

**What do you plan to do now?**

**Who did you network with or who do you want to network with?**

# How Can We Help?

## NON-MEDICAL COUNSELING MILITARY ONESOURCE – 24/7 – 800-342-9647

Confidential non-medical counseling, provided by the Military and Family Life Counseling Program and Military OneSource, supports service members, their families and survivors by:

1. Helping them develop skills to manage everyday challenges and those specifically related to military life, including relocation adjustment, separation, reintegration, relationship issues, parenting skills, communication, anger management, grief, stress, deployment, coping skills, interpersonal skills and occupational or academic issues
2. Offering flexible counseling services in four different formats — face-to-face, telephonic, secure online chat or live video sessions — and around military families' schedules
3. Delivering face-to-face counseling, briefings and presentations on and off military installations through military and family life counselors

## CAREER COACHING

[Career coaches](#) offer expert career and education guidance. They offer resources, support and ideas to help you use your education, training and skills to find a career. Coaches can help you to do the following:

1. Identify current skills and determine required skills.
2. Clarify career goals and investigate career options.
3. Decide on an education path and how to pay for it.
4. Prepare for a job search and maximize job search efforts.
5. Conduct [video mock interviews](#) for personalized feedback.
6. Learn how to self-market and build networks.
7. Investigate the skills and training to become an entrepreneur.

## ON-DEMAND RESUME AND COVER LETTER REVIEWS

Whether you're just starting out or are well into your career and looking for a change, you may wonder if your resume and cover letter truly reflect all you have to offer. With SECO's On-Demand Resume Review, a career coach will make sure they do. Email your materials to a SECO career coach and receive guidance to craft a professional resume and cover letter that are tailored to the position you want.

Here's how it works:

1. Email your resume and cover letter – along with your career goal or job description to – [SECOCareerCoach@MySECO.org](mailto:SECOCareerCoach@MySECO.org).
2. Within three business days, the career coach will send you feedback to strengthen your resume and cover letter.
3. If you have questions, just email them to your career coach.
4. It's easy, free, convenient and you don't need an appointment.



## VIDEO MOCK INTERVIEWS

A video mock interview with a SECO career coach can help you ace any job interview. You can practice interviewing with a career coach to receive personalized assistance with:

1. Crafting the best responses to interview questions
2. Answering questions you may not have on your list
3. Refining your delivery and answers
4. Explaining [gaps in your resume](#)
5. Perfecting your nonverbal communication through body language and tone of voice
6. Conducting research on the organization
7. Gaining the confidence necessary to master your interview
8. [Following up](#) after an interview

Our expert career coaches make the perfect mock interviewer. They can tell you if you fidget, tap your leg, avoid eye contact or use distracting verbal fillers, such as “like” or “um” that make you sound unprepared. Plus, they can help you tweak your planned responses and materials to best impress interviewers.

A video mock interview with a SECO career coach lets you practice in a “no judgment zone,” where you’ll learn what you do well and how you can better prepare to ace your next job interview. Schedule your mock interview by calling Military OneSource at 800-342-9647 and [speak with a SECO career coach](#).

## JOB SEARCH NAVIGATOR

When it’s time to find a new job, the SECO Job Search Navigator will work to match your qualifications and interests with openings at the more than 500 employers in the Military Spouse Employment Partnership. MSEP employers are committed to recruiting, hiring, promoting and retaining military spouse employees.

Here’s how the SECO Job Search Navigator works:

1. Connect with a SECO career coach by calling 800-342-9647.
2. Your SECO career coach will work with you to make sure you are job ready and share your career interests with the Job Search Navigator, who will find openings that fit your criteria.
3. Within three to five business days, you will receive a list of 10-15 personalized job postings.
4. This service does not guarantee employment, but provides strong job leads with MSEP partners.

## STAY CONNECTED!

**Military OneSource – 24/7 – 800-342-9647**

Facebook – <https://www.facebook.com/military.1source>

Twitter – <https://twitter.com/military1source>

Pinterest – <https://www.pinterest.com/military1source/>

**SECO Career Center (Monday through Friday, 7 a.m. to 10 p.m. EDT; Saturday, 10 a.m. to 5 p.m. EDT)  
at 800-342-9647**

Facebook – <https://www.facebook.com/DoDMilSpouse>

Twitter – <https://twitter.com/DoDMilSpouse>

LinkedIn – <https://www.linkedin.com/groups/4159976>

### What resources will you use?

Resource \_\_\_\_\_

Date of Follow-up \_\_\_\_\_

Resource \_\_\_\_\_

Date of Follow-up \_\_\_\_\_

**MAKE TIME FOR YOURSELF.**  
**YOU CAN ONLY SUPPORT OTHERS WHEN YOU ARE STRONG.**

