



**MILITARY
ONE
SOURCE**



**SPOUSE EDUCATION &
CAREER OPPORTUNITIES**

**MILITARY SPOUSE
EMPLOYMENT
PARTNERSHIP**
DEPARTMENT OF DEFENSE

Career Changes: A Time and A Season for Everything

Presenter: Kathia D. Kilburn, SECO Career Coach
April 29, 2020



Agenda

- 1. Consider a career change**
- 2. Reasons for a career change**
- 3. Exploring options**
- 4. Ways to make a change**
- 5. Summary and questions**

Reasons for a Career Change

- **Interest**
- **Financial**
- **Relocation**
- **Advancement**
- **Lifestyle**



SECO and Career Coaching

- **MySECO website**
- **SECO coaching packages**



Exploring Options

- **SECO career assessments**
- **Research**
- **Field experience**
- **Job Search Navigator**

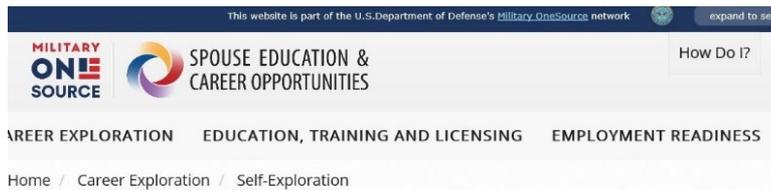


SECO Career Assessments

- 1. Traitify**
- 2. Myers Briggs Type Indicator[®] Personality Inventory**
- 3. Strong Interest Inventory[®] Assessment**
- 4. CareerOneStop Skills Matcher**
- 5. O*Net Interest Profiler Assessment**
- 6. Entrepreneurial EDGE[™]**

Accessing Traitify

1. Career Exploration tab

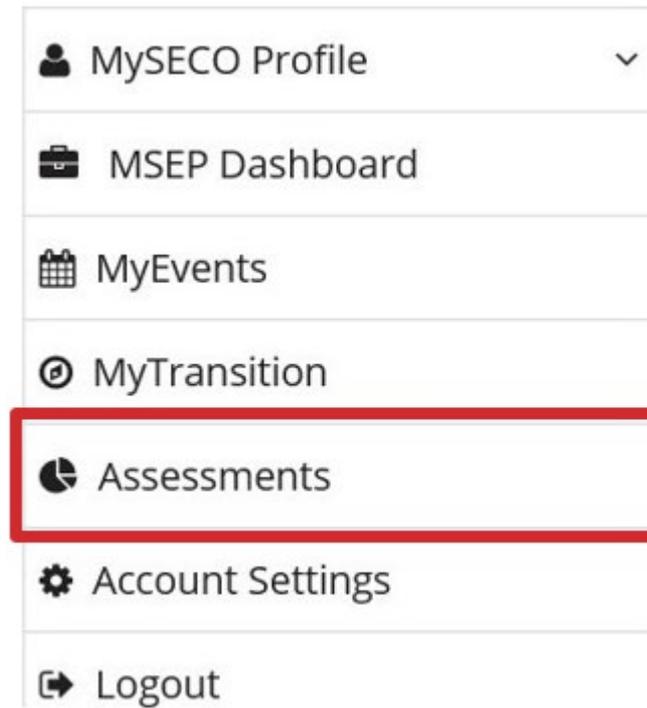


Self-Exploration

By spending time up front finding out what challenges and inspires you, what meets your financial needs, and what makes you feel good about yourself and the results you produce, you will be able to make satisfying and fulfilling career decisions.



2. Select Assessments



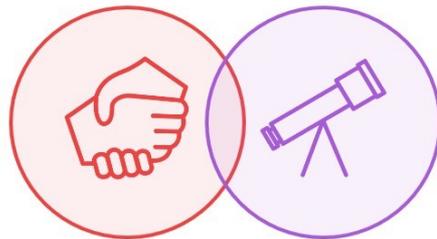
Personality Blend

traitify Kathia Kilburn ▾

Careers Assessment Results

-  Retake
-  Guide
-  Print
-  Email
-  Share
-  Help

 PERSONALITY BLEND



Mentor/Visionary

You are an energetic natural leader. You are happiest when surrounded by people, and you are comfortable being the center of attention. Your friends admire this about you because not only are you the life of the party, but you also have a big heart for helping others and are always looking out for the needs of those around you. You make other people feel included and welcomed, and your zest for life makes others want to follow you. You don't like to be alone which is good because you have so many friends with whom you can spend some quality time. You are rejuvenated by your relationships.



Complete Assessment



Share on Facebook



Share on Twitter



Explore Career Results

View Your Career Matches

Career Matches



Mentor/Visionary



Complete Assessment



Share on Facebook



Share on Twitter

SEARCH

FILTER

Best Match

View All

EDUCATION LEVEL

None

High School Diploma

Associate's Degree

Bachelor's Degree

Graduate Degree

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Training and Development Specialists

Design and conduct training and development programs to improve individual and

Experience Level



Education
Bachelor's Degree

Match Rate 88%



Judges, Magistrate Judges, and Magistrates

Arbitrate, advise, adjudicate, or administer justice in a court of law. May sentence defendant in

Experience Level



Education
Graduate Degree

Match Rate 87%



Directors, Religious Activities and Education

Plan, direct, or coordinate programs designed to promote the religious education or

Experience Level



Education
Bachelor's Degree

Match Rate 87%



First-Line Supervisors of All Other Tactical Operations

Supervise and coordinate the activities of all other tactical operations specialists not

Experience Level



Education
Bachelor's Degree

Match Rate 87%



Research

- **Review occupational information**
- **Explore the labor market**



Field Experience

- **Informational interviews**
- **Volunteering**
- **Job shadowing**



Ways to Make A Change

- 1. Find a new job**
- 2. Go to school**
- 3. Start a business**



Find a New Job

- **Career Readiness**
- **Job Search**
- **Network**



Job Search

- **Military Spouse Employment Partnership**
- **Military Spouse Corporate Career Network**
- **American Job Centers**
- **Military installations**



Career Readiness

- **Gather and update your job application materials**
- **Transferrable skills**
- **Assess your qualifications**
- **Tailor your cover letter and resume**
- **Prepare for interviewing**

Job Search Navigators (JSN)

- The Job Search Navigator (JSN) service is designed to assist job ready military spouses in identifying Military Spouse Employment Partnership (MSEP) job opportunities that align with a spouse's background and career goals.
- Job Ready means you have:
 - Identified a clear target industry or job function/title
 - Completed a resume review with a career coach (can be completed via email or through a phone session)
 - Tailored your resume to position description and incorporated feedback from career coach (resume updates made)
 - Learned how to write an effective cover letter
 - Reviewed interviewing tips and strategies (interview preparation)

If you are Job Ready

- You will work with a SECO career coach to provide as much information possible regarding your unique needs to the Job Search Navigator.
- The JSN will compile 10-15 qualified job leads from employers looking to hire military spouses that your career coach will share with you via email within 3 to 5 business days.
- Your career coach will proactively reach out to you to monitor your job search progress and support you every step of the way!

Note: the Job Search Navigator (JSN) service is not a placement service. Spouse participation does not guarantee employment.

Network

- **Hiring Our Heroes**
- **Career fairs**
- **SECO events**
- **LinkedIn**



LinkedIn Premium Features

- **Start your job hunt and build networks**
- **See how your education, experience, and skills compare with other job candidates**
- **Access over 12,000 professional development courses via LinkedIn Learning**
- **Message professionals you're not connected with to build your network**
- **Get tips on remote, flexible, and freelance opportunities**

Go To School

- 1. Research education requirements**
- 2. Identify programs**



Research Education Requirements

- **Entry-level education**
- **Certification requirements**
- **State licensure**



Identify Programs

- **Location**
- **Duration**
- **Accreditation**
- **Online availability**
- **Cost**



Start A Business

- 1. Considerations for a business**
- 2. Resources for military spouses**



Considerations For A Business

- **Interests, skills, and talents**
- **Lifestyle**
- **Time commitments**



Resources For Military Spouses

- **Blue Star Families entrepreneurs networking page**
- **LiftFund**
- **The Military Spouse Project**
- **The Rosie Network**
- **Veterati**



Additional SECO Resources

Occupational Outlook Handbook:

<https://myseco.militaryonesource.mil/portal/content/view/681>

My Next Move:

<https://myseco.militaryonesource.mil/portal/content/view/1274>

College Scorecard:

<https://myseco.militaryonesource.mil/portal/content/view/1483>

CareerOneStop:

<https://myseco.militaryonesource.mil/portal/content/view/1231>

Small Business Administration:

<https://myseco.militaryonesource.mil/portal/content/view/1322>

Questions? Feedback?

We'd like to hear from you!

Connect with us:

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

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

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

SECO Career Center: 800-342-9647
Monday through Friday, 7 a.m. to 10 p.m. EDT
Saturday, 10 a.m. to 5 p.m. EDT

SECO Events Calendar:

<https://myseco.militaryonesource.mil/Portal/Home/EventDetails>

