Career Changes:
A Time and A Season for Everything

Presenter: Kathia D. Kilburn, SECO Career Coach
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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

- MySECO Profile
- MSEP Dashboard
- MyEvents
- MyTransition
- Assessments
- Account Settings
- Logout
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.
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