

## **Veterans' Newsletter**

### **April 2010**

#### **Landing a job requires confidence, especially now!**

**By Dimitri Kalantzis**

When 50 year old Megan McCready lost her sales job earlier this year, she did what most recently laid off workers do: she dived headfirst into her job search.

Like most people, McCready, just one of the more than 15 million workers who have lost their job since the recession began in December 2007, she started with a blaze of glory.

For McCready, a single mother of a 15 year old son, this meant sending out hundreds of resumes and making a ton of phone calls.

But months passed with little promise, offering only four or five interview. And what was once an energetic pursuit collapsed into an enervating reality.

If all you do all day is read rejection letters and not get any return phone calls, it becomes quite debilitating, says McCready.

Career experts agree that it will cause burn out, just like you have at work sometimes.

Because the whole process of looking for a job is your job right now, says Meg Montford, a career coach in Kansas City.

Montford, like many other career coaches, said it is vital for job seekers to create a schedule and remain faithful to a routine, one not unlike what they had when they were employed.

Deb Morton, another career coach, advises her clients to supplement their job search with career training and volunteer work.

Focusing only on landing the next job, Morton says, will ultimately weaken a job seeker's morale and the results will come through at the worse moments.

A lot of job seekers are hard on themselves, Morton says, and it's really hard to turn that around for an interview.

McCready found herself reeking of desperation during her interviews. Looking to keep her skill set sharp, she began volunteering at her church, helping the administration focus their communication and marketing efforts. Several months later she was hired as the church's full time director of communications.

#### **Successful Interviews**

Prepare, prepare, prepare. Montford and Morton put this job seeker's credo at the top of the list. Preparation, they say, involves studying a company's mission and history and applying your strengths to the company's needs and goals.

It's more about them than you, says Montford. Additionally, Morton advises her clients to join a job seeker support or networking group and to practice interviewing out loud and not just in your head. Create a detailed schedule, which includes not only your job search but your free time as well. Not only is it ok to have fun during your unemployment, it's absolutely necessary if you want to exude confidence during an interview. Volunteer at your church or child's school or find an unpaid internship. It's amazing where some of the job leads come from, Montford stated.

## **Other items of interest :**

### **Dental Program for Retirees**

The TRICARE Retiree Dental Program is available around the world to retired servicemembers who receive retirement pay, “gray area” retired National Guard and Reserve members who are entitled to but not yet receiving retirement pay and Medal of Honor recipients. Spouses and children up to 21 years old, or 23 years old if they are full time students of these retirees are also eligible for the retiree dental program. Participants in this voluntary plan may get dental care from any licensed dentist within the program’s designated service area. Eligible members may enroll in the TRICARE Retiree Dental Program online, by telephone or by mail. Visit the TRICARE Retiree Dental Program website at [www.trdp.org](http://www.trdp.org) and click “Prospective Enrollees” for more information on rates and benefits.

### **TRICARE Media Center Offers News**

Visit TRICARE’s new media center at [www.TRICARE.mil/mediacenter](http://www.TRICARE.mil/mediacenter) for links to TRICARE’s social media and the latest TRICARE news. Visitors to the new media center can become a TRICARE fan on Facebook, get tweets on Twitter or sign up for email alerts delivering the latest TRICARE benefit information. View TRICARE news releases, videos, download podcasts and much more.

### **We are here for you !**

The U.S. Department of Labor and the Jefferson County Workforce Center place great emphasis on service to veterans. Especially to recently separated veterans and to those with a service connected disability or some other barrier to employment. If you feel you have a situation that is limiting your job search, please call the Veteran Employment Representative at 303 271-4728 or email David Alred at [dalred@jeffco.us](mailto:dalred@jeffco.us). He is located at the Laramie Bldg, 3500 Illinois Street, Golden, Co. Mr. Alred also office at the Mountain Resource Center in Conifer the first and third Mondays of each month. To make an appointment to see him at the Mountain Resource Center, call 303 838-7552.

Also to assist you is the Jefferson County Veteran Services Officer. He assists veterans/dependents with filing claims for pensions, compensation, health care, burial, education, home loan certification, life insurance, and other issues. His name is Mr. Henry Mondragon and he can be reached at 303 271-4205 or by email at [hmondrag@co.jefferson.co.us](mailto:hmondrag@co.jefferson.co.us) . He is located at the Human Services Bldg., 900 Jefferson County Parkway, suite 170. His office hours are Monday through Thursday, 8am to 5pm.