

Ask a Wise Woman ...

Dear Wise Woman;

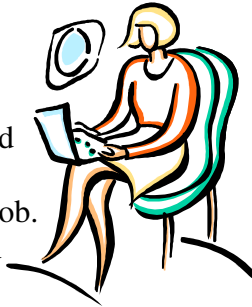
Well it is the New Year and time for me to dust off the old resume and find a job. The kids are in school and I have no excuses...just questions. Where do I start to get my resume in shape after so many years at home?

“Stuck at Home” Sal

Dear Sal;

Yours is a common concern and we at CERC have amassed resources for redoing and, for that matter, starting a new “resume with age” ...so we are a good place to start!!! We are also featuring an article on this topic in our March MWC. So watch for it. To get you going it would help to start jotting down some key issues, such as:

- evidence that predicts your future performance - rather than a list of your past work experience – in a way that says competence, honesty and enthusiasm.
- your resume also needs to overcome common misconceptions about older workers – for example, that you are too slow to survive in a fast-paced work environment or that you lack experience in a new field. Your acquired skills and accomplishments in your years away from the workforce are critical.



About CERC “Your Job Search Connection”

Hours

Monday: 9am – 6pm
(every third Monday of the month, the Port Hope office will close at 4pm for staff development. The Cobourg office will be open until 6pm)

Tuesday: 9am – 5pm

Wednesday: 9am – 5pm

Thursday: 9am – 5pm

Friday: 9am – 4pm

Email

cobcerc@cercnorthumberland.com

Web Site

www.cercnorthumberland.com

Locations

Port Hope: 74 Queen Street
(Lakeland Place)
Telephone: 905-885-2372
Fax: 905-885-5706

Cobourg: 1005 Elgin Street
(Fleming Building)
Telephone: 905-372-9372
Fax: 905-372-5247

Colborne Outreach: Every Thursday
2-5 p.m. Public Library, King Street



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CERC's

Mature Women's Chronicle “Your Job Search Connection”

February 2007



What's Inside for the Mature Woman?

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Careers For Older Women

TOP JOB TRENDS FOR 2007

“The new year will bring strong hiring and more incentives for Canadian workers” according to a recent article in CareerBuilder.ca.

Noteworthy facts for mature women job seekers include:

- **Diversity Recruitment** - more hiring managers plan to aggressively recruit women.
- **Rehiring Retirees** – 1 in 4 employers said they will hire retirees from other companies or entice older workers to prolong their careers.
- **Flexible Work Arrangements** – over ¼ of employers said they are very willing to provide flexible work arrangements such as job sharing or alternate schedules in 2007.
- **Training** - most employers said that they are willing to recruit workers who lack experience in their industry, but have transferable skills. Provision of training and certificates to such candidates was also a priority.
- **Career Advancement** – a third of employers will be providing more promotional opportunities.

Sounds like the workplace is a good place to be his year!! A final note ...the next 3 months will be especially strong for hiring ...according to almost half of the employers surveyed.

Personal Goal of the Month

Focus on improving your well-being this year...with a new habit each month. For starters...every time you take an elevator-get off 3 floors early and use the stairs.

Resources

What's Your Sign?? This year we are going to see what the stars say. Who Knows? A whole new world might open up for you **AQUARIUS:**
Traits: innovative, tolerant, personable & quick-witted. Creative& independent, you set the trends that follow.
Compatible jobs: careers in the arts, science, aviation and computer technology

Quote of the Month

“Even though horoscopes aren't always correct, (they) can occasionally tip even a cynic toward reluctant self-discovery”
...Meg Donohue

CERCulation News



February at CERC

Find a new career path...follow your heart
Energize your job search....and
Build on your skills...
CERC has resources to give you a start

Female, Over Forty and Fit For the Workforce

Let's put some daily exercise back into your life....for your heart's sake. Do something for “you”, your self-esteem and your positive attitude –to face the challenges of job search!!

So –let's dispel some of the barriers to motivation – and “get movin”...no excuses!

- **I don't have enough time** - Remember that just 10 minutes of moderate intensity activity, on a regular basis, will be help.
- **It's too expensive** – You don't need to join a gym to become healthy; you just need to put on a good pair of running shoes and take a walk. Consider walking to hand out resumes.
- **I'm too old** – scientists have shown that even people over 80 can improve their fitness and health.
- **I feel too self-conscious** –you don't need special equipment to take a walk and no one will know that you are following an exercise program when you are working in the garden, taking a walk or playing ball with your kids.
- **I'm too tired** – hard to believe, but exercise gives you energy. Like a car, your body prefers to “turn over” rather than stand idle for months. So use your body regularly and you'll be set to energize your job search and give your resume new life. For more exercise and heart health info and tips visit www.becelcanada.com