

Ask a Wise Woman ...

Dear Wise Woman;

I've just lost my job and am a bit anxious about beginning to look for work so close to the holiday season. Will I be wasting my time? Should I be doing something else until the New Year?

Holiday Helen

Dear Helen;

All the experts tell us that holiday times can be a great time to land a new job. Generally, people are in a good mood and in many businesses, maybe not retail, the work pace may have eased up a bit. This can be a good time to book some information interviews.

Take advantage of any parties or holiday festivities you will attend to let your friends and colleagues know you are looking for work. Ask if they know of anyone who could use your skills and experience or give you some advice about where to look or who to talk to. You may want to have some business cards or JIST cards on hand. Come into CERC. Staff can lead you to some great networking tips.

PS Use this time to sign up for a CERC Workshop. Topics include Creating & Using Email, Job Searching on the Internet, Using a Resume Template, etc.



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

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Locations

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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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Mature Women's Chronicle "Your Job Search Connection"

December 2006



What's Inside for the Mature Woman?

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Careers For Older Women

December has enough stresses and strains without adding looking for work to your list of things. So, as you wait for that cookie dough to chill - or not! - take a look at three business lessons we can learn from the Domestic Diva herself, Martha Stewart.

Believe in yourself. She grew up in a troubled, working class family, but decided she was destined for greater things. However, things didn't come easily. She made her own clothes and worked as a model/maid to put herself through college. In the late 60s, when female stockbrokers were scarce, she landed a job on Wall Street and became one of the firm's top salespeople. Later on, after publishing books and a monthly magazine, she had to fight to get her own TV show. She persisted and the rest is history....

Focus on your goals. In an interview with Oprah Winfrey, Martha declared, "... I can make myself do almost anything." She's never gone into an endeavor wondering how it would work out. She's always had the attitude: "I will do this. Now what is the best way to go about it?"

Present yourself with style. Hot pants may have helped make her a star on Wall Street in the 60s but it was her cool, well-scrubbed and low-key style that helped her become the authority of gracious living. Everything she endorses is designed with clear lines, colour and phrases that are soothing yet authoritative.

Personal Goal of the Month

Memorize a brief verbal resume and have JIST cards (see November Newsletter) or business cards ready to hand out at any holiday functions you attend.

Resources

Use this month to read up on networking. CERC has a few worth checking out:
The Networking Survival Guide by Diane C. Darling
Work It! by Allison Hemming
95 Mistakes Job Seekers Make by Richard Fein

Quote of the Month

"If you treat it (networking) like you're just meeting a friend, it's more social than having all the anxiety of the business slant to it".

...*Melissa Fireman*

CERCulation News

DECEMBER THEME – 'Tis the season

....SO

Don your party hat & network
Enrol in a workshop or two
Merry Christmas from CERC
We'll help your career dreams come true

Holiday Hours at CERC – we are closed
Xmas Day, Boxing Day and New Years Day

Female, Over Forty and Fit For the Workforce

If you follow the advice in our "Ask a Wise Woman" column this month – you will be finding and creating opportunities to network.

At this time of year, networking will involve festive fare – for sure!!! Go for it and make the most of these chances to interact with potential job search resource people... but remember to not lose your "fit for the workforce" condition.

You can "**indulge without the bulge**" to contend with in January. Here are a few seasonal "Trimming Tips" to keep in mind:

Keep an eye on portion sizes – it is often not what, but how much you eat that matters.

Bank calories on the party or festive dinner day – eat lighter, low calorie options for lunch and dinner.

Lighten up your chips and dip trays –use fresh zucchini, cucumber spears, broccoli flowerets and carrot curls instead of chips and a low fat dip such as hummus, yogurt or salsa.

Don't put your daily exercise in holiday mode - burn some calories, clear your head and de-stress the seasonal and job search demands on you.

For more healthy holiday eating tips visit www.dietitians.ca