

Ask a Wise Woman ...

Dear Wise Woman:

I am working on my “new slim me” for 2006, facing my first job interview in years and have a dressing dilemma!! I know wearing dark colours is recommended.

Are there other secrets for camouflage dressing that will help me look my best?

Thanks

“Thin at Heart” Terry



Dear Terry:

Here are some tips for figure flattery that “experts” suggest:

- **Dress in one colour:**
This trick will streamline your body from shoulder to shoes.
- **Choose V-neck Lines:**
They create an illusion of a longer, leaner body especially if you have a chubby neck
- **Simple Styling is Most Slimming**
Cuffs, pockets and buttons can add width to the body
- **Wear A Long Jacket:**
It's a “pounds parer” and can make any outfit look elegant while hiding figure flaws.

Remember Terry –at interview time...be yourself, dress comfortably and relax. Looks are important – but what you say and how you say it are critical. Come into CERC and review our interview tips. Good luck!

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

cerc@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. at the

Public Library, King Street

First Step Session: Feb 23/06 2:30pm
Call to register: 905-372-9372



Gouvernement
du Canada

Government
of Canada

CERC's Mature Women's Chronicle “Your Job Search Connection”

February 2006



What's Inside for the Mature Woman?

🌸 *Careers for Older Women Feature Article*

🌸 **Personal Goal of the Month**

🌸 **Resources**

🌸 **Quote of the Month**

🌸 **CERCulation NEWS**

🌸 *Female, Over Forty and Fit for the Workforce Feature Article*

🌸 **Ask a Wise Woman...**

Careers For Older Women

Last month we noted that the Sales and Service sector is the largest employer in Northumberland County and reminded readers that this category covers a wide spectrum. The best way to search out possible jobs in the Sales and Service area is to become familiar with the National Occupational Classification system. Your local Community Employment Resource Centre has the NOC information online – just double click on the NOC icon.

Once you've entered the NOC website, click 'Occupational Descriptions' on the side bar and then *Sales and Service* on the list of occupational headings. The occupations are broken down into three sub-categories: skilled, intermediate and elemental according to educational requirements and difficulty. Scroll down the list and click on any titles of interest to get more information: main duties, etc.

This month you have read about trying to look your best for that first interview. Let's use the NOC codes to find careers you might use to get ready for your interview. Under *Skilled Sales and Service Occupations* you will see the sub-heading: Technical Occupations in Personal Service. Barbers and hairstylists are described in this section. The educational requirements are a 2 – 3 year program plus on the job training. Next under *Intermediate Sales and Service Occupations* and the sub-heading: Other Occupations in Personal Service you will see Image Social and Other Personal Consultants. In this category colour consultant, fashion and wardrobe consultant, and image consultant may require some training but experience and expertise are more important. Lastly, in the Elemental Sales and Service Occupations under the sub-heading: Other Elemental Services Occupations you will find these services needed for the well turned-out job seeker:

Dry Cleaning and Laundry Occupations, Ironing, Pressing and Finishing Occupations and Other Elemental Services Occupations such as shoe shiner and beauty salon attendant.

Use this same exercise to find work of interest to you or to stimulate your ideas for a service you could provide.

Next month we'll investigate other possible occupations in Sales and Service as outlined in an AARP article: 10 Job Ideas for the Older Worker.

Personal Goal of the Month

It's February and you are someone's Valentine – so indulge and don't resist some chocolate – a part of relaxing!!

Resources

Becel Heart Health – the source of one of the feature articles this month has some more tips and tricks for eating well, keeping fit and relaxing. Check out www.becelcanada.com and click on Your Heart.

Need more figure flattery tips? Check out www.womenfitness.net/makeup/dressing.

Quote of the Month

“The Ultimate Healthy Eating Plan recommends enjoying chocolate in small quantities to make healthy foods taste better.”

....Liz Pearson RD & Mairlyn Smith H.Ec

CERCulation News

February's Theme:

Put your heart into your Job Search

Female, Over Forty and Fit For the Workforce

Take Control of your Heart Health

There are many risk factors for heart disease that you can influence. Even a few small changes to improve your lifestyle can help – not only your heart - but your state of mind and your well-being as you face the challenges of a midlife career change or a critical job interview.

Diet Makes a Difference

- Choose unsaturated fats –vegetable oils, such as canola or olive; soft non-hydrogenated margarines.
- Add foods rich in antioxidants -colourful fruits and vegetables.
- Boost soluble fibre – whole grain breads and high fibre cereals.

Exercise is Excellent

- People who are physically active live longer and have increased energy and stamina.
- Regular exercise helps to reduce stress, achieve and maintain a healthy weight and reduce blood pressure.
- Don't forget - everything counts-short periods of light exercise such as a brisk 10-minute walk, taking the stairs, and housework make a difference.

Remember to Relax

There are important benefits to reducing stress in your life, so make sure to take time for yourself and take a break and relax – you will face the job search reenergized.