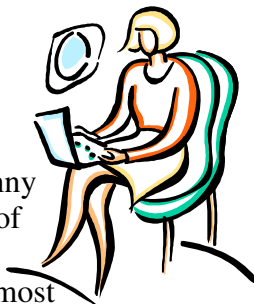


Ask a Wise Woman ...

Dear Wise Woman;

It's summer. I am having trouble with motivation in my job searching. It's sunny and warm and there are lots of other fun things to do. Besides, "they" say that the most active hiring processes wait until fall – so maybe I should too...Are "they" right?



"Summer Lovin' Suzie

Dear Suzie;

While summer traditionally shows a drop-off in hiring, summer job searching still has many advantages:

- Summer is a social time, filled with BBQs, cottage weekends and weddings that provide great opportunities for networking.
- People are often mellower at this time of year, which means they might be more approachable for an information meeting.
- Other job searchers are apt to get distracted by their own holiday plans making the competition less fierce than other times of the year.

So.... "They" may not have the right attitude and approach to summer job searching activities – go prove them wrong!!

About CERC "Your Job Search Connection"

About CERC

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



CERC

Mature Women's Chronicle "Your Job Search Connection"

July 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 started a three month series answering ten questions that might help you improve your job search. Here's the next installment.

4. Are you spending enough time searching for work? You should put as much time as you can into looking for work, in fact, the experts say that looking for work should be a full-time job. Make it a goal to contact people in your network every day to set up interviews.

5. Do you follow up after sending out your resume? Do you hope for the best or check to make sure your resume was received and if you can schedule an interview. If you are proactive you are more likely to get an interview.

6. Are you getting interviews? If you do follow-up, but are not getting interviews you may want to consider reworking your resume and cover letter. Take a look at some of the resource material available at CERC about resumes for mature workers. You may want to consider signing up for one of CERC's new workshops "Using a Resume Template" or the resume workshops offered by Watton Employment Services Inc.

7. How are your interview skills? If you're getting interviews, but no job offers, you may need to freshen your look or interview skills. Do a few mock interviews with a friend that can give you honest feedback. Then you might consider signing up for one of the interview workshops offered by Watton Employment Service Inc.

Personal Goal of the Month

Check out the new books in the CERC resource section.

For more "Summer Job Search Spruce Up" tips go to www.womenfitness.net- and follow the links for hair etc.

Resources

New arrivals on the CERC bookshelf.
"95 Mistakes Job Seekers Make.... and How to Avoid Them" by Richard Fein
"The Networking Survival Guide: Get the Success You Want by Tapping into the People You Know" by Diane C. Darling

Quote of the Month

"Take advantage as work shifts into low. Make contacts, upgrade skills, and set goals."
...Karen Schaffer

CERCulation News

Our July theme says it all...
Come in and see for yourself:



Job Search
Under the summer sky
Let CERC resources be
Your guide

Female, Over Forty and Fit For the Workforce

"SPRUCE UP YOUR SUMMER JOB SEARCH"

Our summer message to our readers.... looking great affects your whole approach to making the rounds to retail managers with your resume in hand or preparing for that interview.... continues this month with some more **Calorie Cutting** and **Hair Cutting** hints to help you look your best this summer. For starters here are a few more tricks to reach that "500 calories a day less" goal.

- Buy a non-stick skillet. Every tbs of oil you don't add to the pan saves 120 calories.
- Be salad smart, drizzle fat-free dressing over your salad and save at least 225 calories.

Summer spruce up should be from head to toe...so consider a hair redo. According to expert hair stylists your "Face Shape" makes a difference:

OVAL SHAPE – can wear bobbed, layered, long or short - any style.

ROUND SHAPE – keep the sides close to your face and promote height at the crown. If your hair is shoulder length or longer be sure to wear a side part.

SQUARE SHAPE – long hair should fall to or past shoulders; short style should be round and soft with height at the crown.

Nothing like a flattering hairstyle to boost your confidence about what you have to offer the workplace.