



**the need is great – and
our commitment even greater**

We are JVS Chicago

- a 127 year-old non-profit, non-sectarian social service agency,
- providing exemplary employment and training services customized for youth and seniors, people with disabilities, high level executives, as well as job seekers from entry level to advanced.
- housing the Illinois Small Business Development Center/Dunan Entrepreneurship Center providing one-on-one business advice at no charge to existing and start-up small businesses offering entrepreneurial training, business assistance, mentoring and access to capital.
- supported by the Jewish United Fund/Jewish Federation of Metropolitan Chicago and other public and private funding.

jvs
helping people work their way through life

Outline of Presentation

- Coping with Layoffs and Unemployment
- Career Plan
- Owning strengths and abilities What employers expect
- How to maintain your professional image
- What clothing, gestures and nonverbal communication say about us
- Organizing for the job search
- Resumes/Cover Letters
- Interviewing
- Networking
- Stay motivated

jvs
helping people work their way through life

Where to Begin

Assess:

- Finances
- Healthcare options
- Emotions and support

Review:

- Resume/cover letter
- References
- Interviewing
- Skills



helping people work their way through life

Develop a Plan

•Organize

•Keeping track

- Job applications
- Networking contacts

•Decide how you'll do it and follow through



helping people work their way through life

Develop a Plan

•Establish a daily routine

•Don't isolate yourself

•Manage your anxiety



helping people work their way through life

What do you want?

- Establish a career identity
 - Do your skills match what you want?
 - Elevator speech
- What do you need?



helping people work their way through life

Assessing Skills

- What are your skills?
- What needs to be updated?
- Technology Skills!



helping people work their way through life

An Online Job Search

- Websites
 - www.indeed.com
 - Industry sites, professional - associations, company sites, LinkedIn
- Keep track again!
 - Usernames, passwords, job numbers, -Contact information
 - Resume and cover letter sent
 - References



helping people work their way through life

References

- Often required in online applications
- Things you'll need
 - Name
 - Title, Current Employer
 - Phone Number
 - E-mail
 - Relationship to you



helping people work their way through life

Resumes

- Get your resume reviewed – friends, family or career counselor
- Keep it relevant and up-to-date
- Chronological vs. Functional
- Summary vs. Objective
- 1-2 pages



helping people work their way through life

Networking

- Start with people you feel most comfortable with and then ask for introductions.
- Go online – LinkedIn.com, Facebook, Twitter
- Attend events
- Elevator speeches
- Keep track of your contacts and introductions
- Help others!



helping people work their way through life

Interviewing

- Know how to get there
- Bring picture ID, extra resumes, and references
- Research the company
- Get cards of interviewers (for thank you notes)
- No perfume, flashy jewelry, food, gum, phones
- Shake hands firmly
- Appear confident and prepared
- Smile!!



helping people work their way through life



Melissa Fickling, MA, LPC

Career Counselor

Skokie

847-745-5468

melissafickling@jvschicago.org

Improving life through employment and productivity, recognizing that personal development is a lifetime endeavor.

Getting Started and Creating a Plan

You wouldn't build a house without a blue-print nor should you start a job search without a plan. Successful job-hunting in today's market is a process that needs planning, organization, dedication and fearlessness.

In today's economy it takes 9-18 months to find a job. So "put down the mouse and pick up the phone" and Network! Network! Network! 85% of all jobs today are landed through networking.

Reality Check

- ☐ Do you have a career Identity?
- ☐ What are your transferable Skills?
- ☐ Can you indentify your interests and the type of work environment in which you will be successful?

Tool box Assessment

- ☐ Personal brand
- ☐ Elevator speech
- ☐ Resumes
- ☐ Cover letters
- ☐ Networking skills
- ☐ Social Networking
- ☐ Interviewing

Diversified Job Search

- ☐ Explore open positions on the Internet, newspaper, employer and recruiter websites
- ☐ Network your way into a company using LinkedIn or your personal network
- ☐ Go out on Informational interview
- ☐ Join associations and professional organizations
- ☐ Attend events/ workshops/presentations/lectures

Other successful job search strategies

- ☐ Have business/networking cards made
- ☐ Target resume and cover letter for each position
- ☐ Have a tracking system for job applied
- ☐ Follow-up each resume sent with a phone call or email
- ☐ Focus your internet job search by only applying to one or two targeted, quality posit

Have a system to track jobs applied to, responses and your follow-up.

- ☐ A lead book – For work of mouth and networking leads
- ☐ Position applied for folders- For cold applications
 - o One folder for each job applied for that houses, job description, resume, cover, cover letter. Outside of folder use to track when and whom application was sent.

