



Centre
Famille
Valcartier

Military Families: Strength Behind The Uniform

Employment Check List Posting



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Employment Checklist

As soon as you receive the email confirming your transfer, employment becomes one of the big concerns for both the spouse and the military member.

Here is a small checklist to help make the transition to employment easier:

- Did you know that military spouses have the right to receive employment insurance following a transfer? You simply need to indicate the reason for voluntary departure as "Needed to accompany military spouse to new place of residence"
http://www.servicecanada.gc.ca/eng/ei/digest/6_5_0.shtml#a6_5_3
- Visit the website of the MFRC at your destination. You will find lots of information about your new community. Go to this website and select the location from the drop-down menu.
www.familyforce.ca or www.familynavigator.ca
- Before you leave, make an appointment with the employment support program at your current MFRC to update your resumé and cover letter, and to have them translated. Also, remember to make sure your references are up to date.
- Participate in workshops on transfers held by your MFRC. You will have access to all the information you need to be well prepared in addition to getting to know people who will be transferred to the same city, province, or country as you.
- To help you learn more about the region's entrepreneurs and entrepreneurial projects, you can subscribe to local newspapers before you leave (Back issues are often available online). In addition, you can look through the career section.
- Contact the local Chamber of Commerce, as well as the town or city hall to get all businesses in the region.
- You can check out the job search sites of the MFRC, the province, and provincial professional orders or associations in your field.
- In order to make new contacts, get to know potential employers, and get information about job opportunities, it's a good idea to create a social network by meeting your spouse's colleagues, your neighbours, and members of your new community.
- You can also volunteer at your MFRC or in your community. This will help you acquire new skills and experience to put on your CV, and you'll expand your network.
- If you are in a profession whose practice requires provincial authorization to work in your area, start the certification process in advance. You can check with your order to get information about transferring provinces.
- Use your existing network or that of your employer to see if you can get a transfer, or check with clients or even your competitors to see if there is a branch in your future city.
- Create a LinkedIn profile, a professional Facebook page, and even business cards so you can take advantage of your HHT to make contacts.