

MILITARY SPOUSE JOBS & VETJOBS



SEPTEMBER NEWSLETTER



WELCOME

We are happy you decided to take a look at our monthly VetJobs and Military Spouse Jobs newsletter.

Our goal is to help as many veterans, active-duty service members, and spouses with their career journey. In fact, over 40% of those that work with us stay with us, meaning we continue to help them advance their career a second or even a third time.

We hope you enjoy and obtain valuable information from this publication.

DEB & DAN KLOEPPPEL

OWNER & FOUNDERS OF MILITARY SPOUSE JOBS & VETJOBS



Here at VetJobs and Military Spouse Jobs, we offer personalized, 1-on-1 job placement assistance, career exploration, and employment training at no cost to job applicants or our employer partners.

Whether you are Active Duty, Reserves, National Guard, or have completed service, (separated or retired) we work with all branches of the military.

All services provided at no-cost.

The Modern Mom

Simple but Extremely Helpful Tips for Working Moms

Alexandra O'Neil

Fulfilling the role of Mom while also holding down a job can be overwhelming for some.

Learn how to delegate and make time for yourself in the process!

Plan your morning:

Mornings for working moms are typically very busy! Well, mine are, anyway! Your mornings will go more smoothly if you do some things the night prior: Pack lunches, lay out clothes, and check the calendar for after-school plans.



Schedule quiet time:

Have each family member spend a few minutes alone when everyone comes home or, if you have little ones who don't nap anymore, have quiet time with them. This gives you all time to calm down and regroup before getting dinner ready and talking about the day.



Plan meals ahead:

This is a big one! Make only one shopping trip per week to buy ingredients, get a cookbook that contains easy recipes, double a recipe and freeze half for another meal.



Schedule quality family time:

Strive to have a family dinner as frequently as possible. Plan a family movie night once a week, plan a group outing for the weekend, or take the whole family to a child's sporting event.



Make time for yourself:

Working moms tend to put themselves last on the list but regaining your own inner strength and peace will go a long way toward giving you the energy you need to be a mom. Take care of yourself - go to the gym, visit a museum, meet a friend for coffee, join a book club, or work on a hobby!

FEDERATED AUTO PARTS 400 SALUTE TO FIRST RESPONDERS



SEPTEMBER 11, 2021 | 6:30 PM ET

We are incredibly proud to participate in the 9/11 Salute To First Responders race at the Richmond Raceway!!

Watch us ride with Triple Crown Champion JJ Yeley behind the wheel!!

A BIG thank-you to car sponsors [ThunderCat Technology](#), a Service-Disabled Veteran-Owned Small Business, and [AMG Sport](#) for bringing us along on this day of remembrance.

Viewable on the NBCSN / NBC Sports App:

FIND YOUR TV CHANNEL

[Enter your zip code to find NASCAR on NBC Sports Network](#)



SALUTE TO INDUSTRY

FEATURING



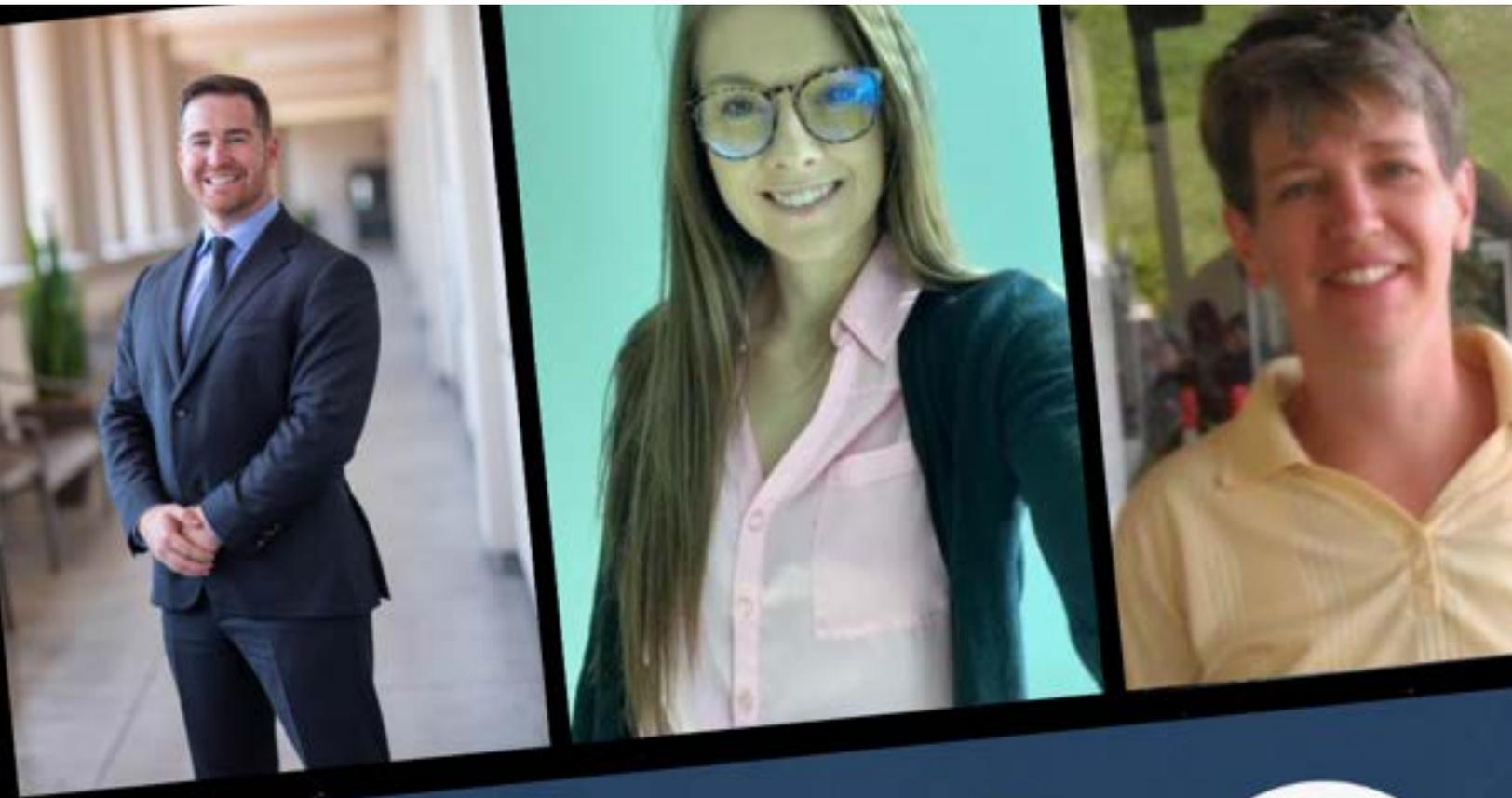
Welcome to the next Salute to Industry interview where we shine the light on programs and employers who are going above and beyond in their respective industries to help veterans and their families grow through education, training, or job placement. In this episode, take 15 minutes and tune in to learn about how Swift Transportation is supporting the military and veteran community through 100% scholarships - which includes Military Spouses!

[WATCH HERE!](#)

[VETERANS CLICK HERE TO REGISTER FOR SERVICES](#)

We've successfully placed over 70k military-affiliated candidates into jobs.

[SPOUSES CLICK HERE TO REGISTER FOR SERVICES](#)



71,723

Verified Hires





WELLNESS MATTERS TO YOUR CAREER.

One of the major threats to our health and well-being as professionals is stress. It is also an inevitable part of having a demanding job.

However, exercising or having a regular wellness routine can have a significant positive effect on how we deal with stress. After all, self-care is an important component of professionalism.

There are many reasons why wellness is important to your career, and, if you learn how to keep your body and mind healthy as a professional, you'll be better prepared to manage your personal wellness as you grow and encounter more and more constraints on your time.

When Old Wounds Affect the Workplace: Work and Wellness

Crystal McFadden

Many of us have experienced our share of unethical characters in leadership, unenjoyable tasks assigned, and poor execution of possibly really great changes. No matter the experience we have had, at some point, most of us choose to grow. We overcome. We move on to new pastures, move up in the chain of command, extend empathy to those who do not know any better for the choices they are making. The adaptations we make in response to challenges speak to our character.

It does not make it hurt any less when pains resurface in a new time and new workplace. We didn't ask to re-live the experience but here it is, in our face, rubbing a scar many didn't know existed. No situation is perfect and day-to-day internal attitude checks are essential, regardless of how healthy a workplace is. Despite ongoing wellness routines, when an old wound is opened in the workplace, it needs to be addressed.

Consider the following to avoid infecting the workplace and allowing things to fester, while also mitigating increased injury when an old wound has been opened:

- Air it out. Depending on the depth of the wound being opened, this may be done best within the safety of a mentor or a counseling office before confronting your workplace contact. Either way, keeping it inside will do more harm than good and has the potential to leak out when you'd rather it not.
- Be respectful. A wound is just that, a wound. Rough treatment, careless attitude, and whining a whole bunch will do no good. Articulate the pain clearly and identify some treatment options.
- Keep realistic timelines. Wounds do not heal instantly, be okay with the awkward pain points along the healing journey. Adjust course as necessary.

Remember. Our past is a reflection of strength. If we've made it this far, we will make it through today and into tomorrow. You've got this.



09.11.2001



We Will Never
Forget

NUMBERS DON'T LIE

WWW.VETJOBS.ORG
WWW.MILITARYSPOUSEJOBS.ORG

71,723

of military service members, vets and their families we've placed since 2010.

30,000+

of Train2Hire™ participants since 2010.

16,146

Candidates Completing our Training Courses In 2021

3+ MILLION

Total Jobs Available from DirectEmployers, and all Employer Partners.

\$3 MILLION

Donation dollars in 2020.

\$3.6 BILLION

ANNUALLY in Economic Impact "we are unmatched in our space"

\$0.96

Amount of every dollar donated spent on the mission.

200,000+

Active Resumes Currently in Databases

500-600

New Resumes a Week

