



# SPOUSE EDUCATION & CAREER OPPORTUNITIES



## Fact Sheet

## MilSpouses: One-on-one career help is here.

Reach your employment goals with the help of SECO career coaches and advisors. Our comprehensive services, personalized coaching and guidance are free for all military spouses. Check out how we can help!

### Career Coaching Packages

Do you have a particular goal? Are you looking for industry-specific help? Free coaching packages will put you on a path to success. Packages cover different topics, such as part-time employment, entrepreneurship, cybersecurity and working overseas. You'll work with your career coach over multiple sessions.



### How Can Career Coaches Help You?

Our coaches can help:

- Identify your current skills and determine skills you may need to improve.
- Clarify your career goals and investigate career options.
- Explore your interests and the current hiring market.
- Decide on an education path and discover how to pay for it.
- Prepare you for a job search and maximize your efforts.
- Review your resume.
- Conduct mock video interviews and provide personalized feedback.
- Practice salary negotiation with you.
- Teach you to market yourself and build networks.
- Investigate the skills and training you need to become a successful entrepreneur.

### We're Online Anytime



Facebook: <https://www.facebook.com/DoDMilSpouse>



X: <https://x.com/DoDMilSpouse>



Instagram: <https://instagram.com/dodmilspouse/>



MSEP LinkedIn Page: <https://www.linkedin.com/company/military-spouse-employment-partnership-msep/>



MilSpouse Career Network LinkedIn Group: <https://www.linkedin.com/groups/12882168/>

### Get started today.

Call 800-342-9647 and ask to speak to a career coach/advisor:

- 7 a.m.-10 p.m. ET, Monday-Friday
- 10 a.m.-5 p.m. ET, Saturday

(Career coaching is not available on federal holidays.)

Or go to [myseco.militaryonesource.mil](https://myseco.militaryonesource.mil) and click "Contact" then "Live Chat."

Scan and start your journey today with a SECO career coach or advisor.

