

FACT SHEET | JUNE 2026

MilSpouses: Personalized Career Help Starts Here



Let SpouseWorks (formerly SECO) career coaches help you reach your employment goals. Get free, personalized coaching and guidance, plus comprehensive services for military spouses. Learn how we can help.

Expert guidance for your career journey

Our career coaches can help you:

- **Set career goals:** Clarify career goals through expert advice.
- **Develop and improve your resume:** Unlimited resume and cover letter reviews.
- **Grow your skills:** Explore education and skill building opportunities.
- **Be a job search superstar:** Maximize your job search with concierge connections to employers.
- **Prep for the interview:** Get personalized feedback on your interview style.
- **Build your business:** Explore the skills and training needed to be a business owner.

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.

Getting started

Call Military OneSource at 800-342-9647 to schedule time with a career coach.

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

Visit <https://spouseworks.mil/portal/contact-us> and select "Live Chat."

Career coaching is not available on federal holidays.



Scan and start your
journey today with a
career coach.

SpouseWorks social media



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



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LinkedIn
<https://www.linkedin.com/company/spouseworks/>

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



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