

# VET JOBS

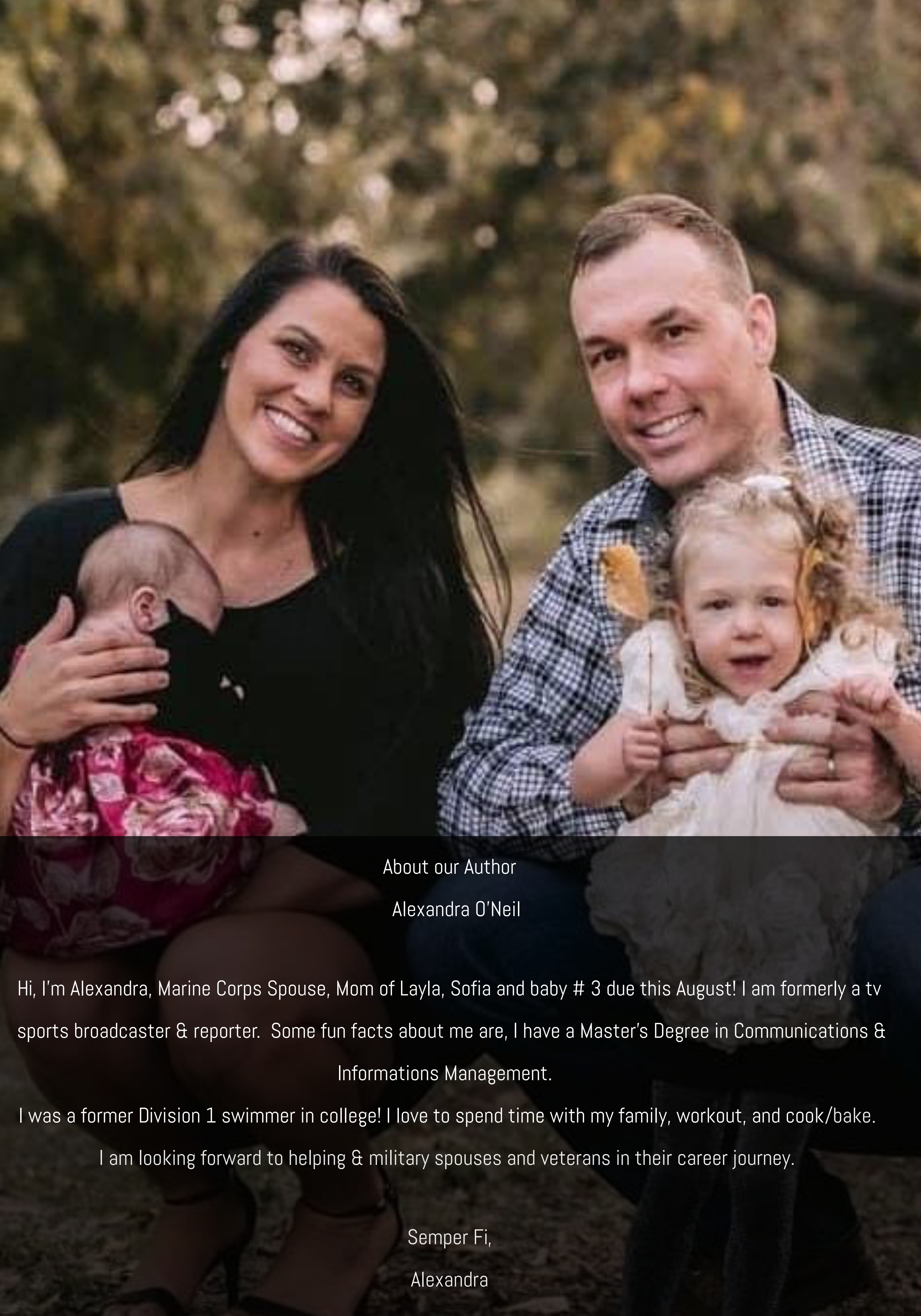
& Military Spouse Jobs



March 2021 Newsletter

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About our Author

Alexandra O'Neil

Hi, I'm Alexandra, Marine Corps Spouse, Mom of Layla, Sofia and baby # 3 due this August! I am formerly a tv sports broadcaster & reporter. Some fun facts about me are, I have a Master's Degree in Communications & Informations Management.

I was a former Division 1 swimmer in college! I love to spend time with my family, workout, and cook/bake.

I am looking forward to helping & military spouses and veterans in their career journey.

Semper Fi,

Alexandra



# Content

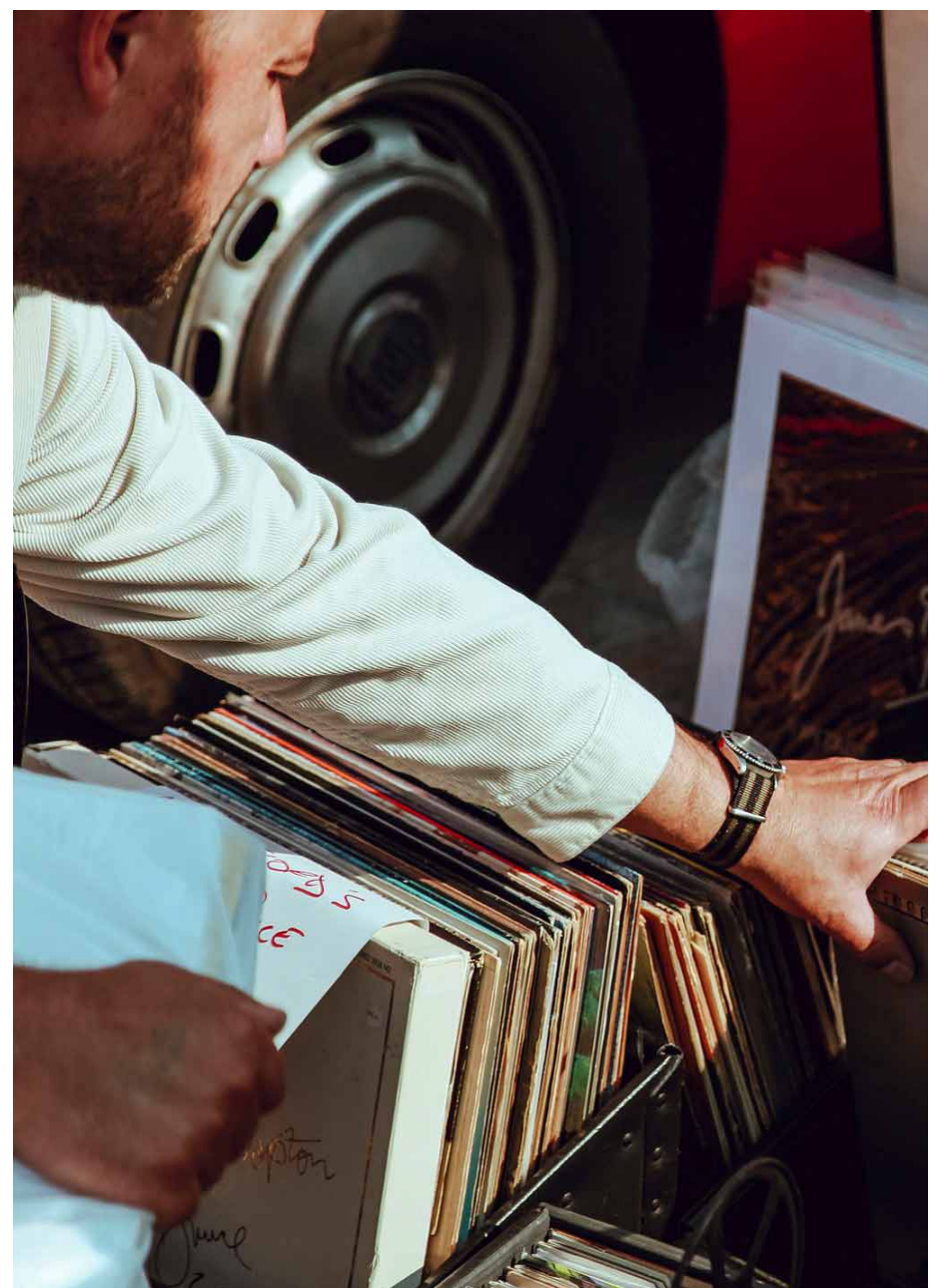
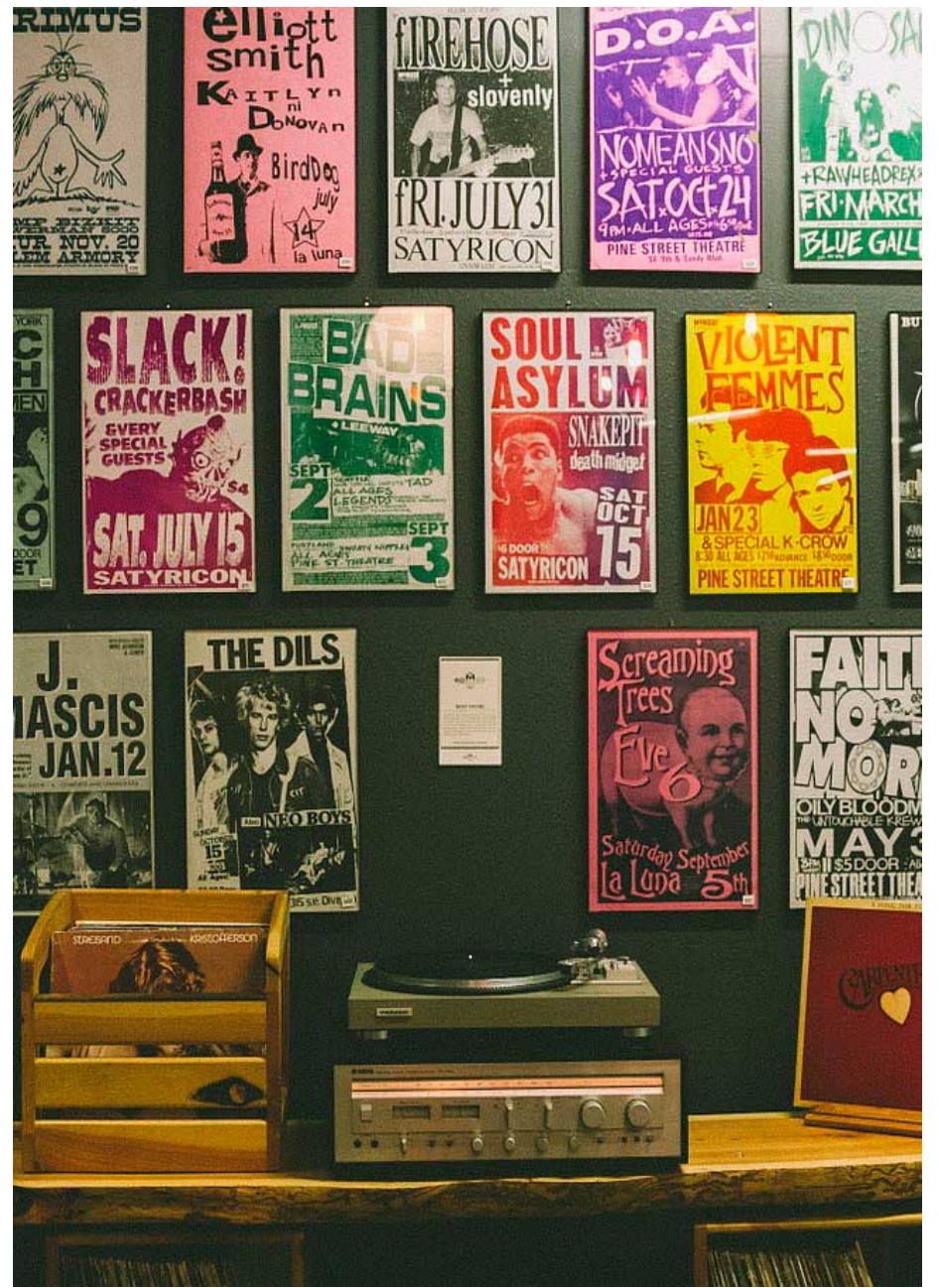
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# The Modern Mom

## "Laying the Foundation"

### Alexandra O'Neil

Hi I'm Alexandra O'Neil, wife of Marine Corps fighter pilot, Lt. Colonel Jason O'Neil, mom of two beautiful little girls, Layla who is just over 2 years old, and Sofia who is about 5 months old. Oh and some exciting news, we are expecting another beautiful baby to arrive in early August! On top of everything, I am the Communications Coordinator for VetJobs and Military Spouse Jobs.

Thanks for taking the time to check out my column, The Modern Mom. My goal is to provide you with helpful, valuable, and entertaining tips and tricks to help you navigate being a Mom, wife and a working professional all while still maintaining a successful household! Let me preface successful has different meanings for everyone but this works for us!

First, I want to start out by making it known that I am very traditional when it comes to being a wife and mother. I am extremely fortunate to stay home with my babies while still working remotely. To be candid with you I would not be working if it wasn't a situation where I could stay with our children all day long.

Now that you know a bit about my background you are either thinking to yourself, "You have your hands full." Or "Wow, how do you do it?" Or "I want to do that too, but how?"

That's where I come in. Here are some foundational skills I use day in and day out.

To begin, I'm a self starter by nature. Getting up and doing things comes fairly easy to me. If you're not a self starter, I suggest in order to become one you have to look deep within yourself and see if what drives you? Is it staying home with your children? Is it staying home because you prefer to work from home? Is it working outside of the home? What are your goals?

Write them down with the date.



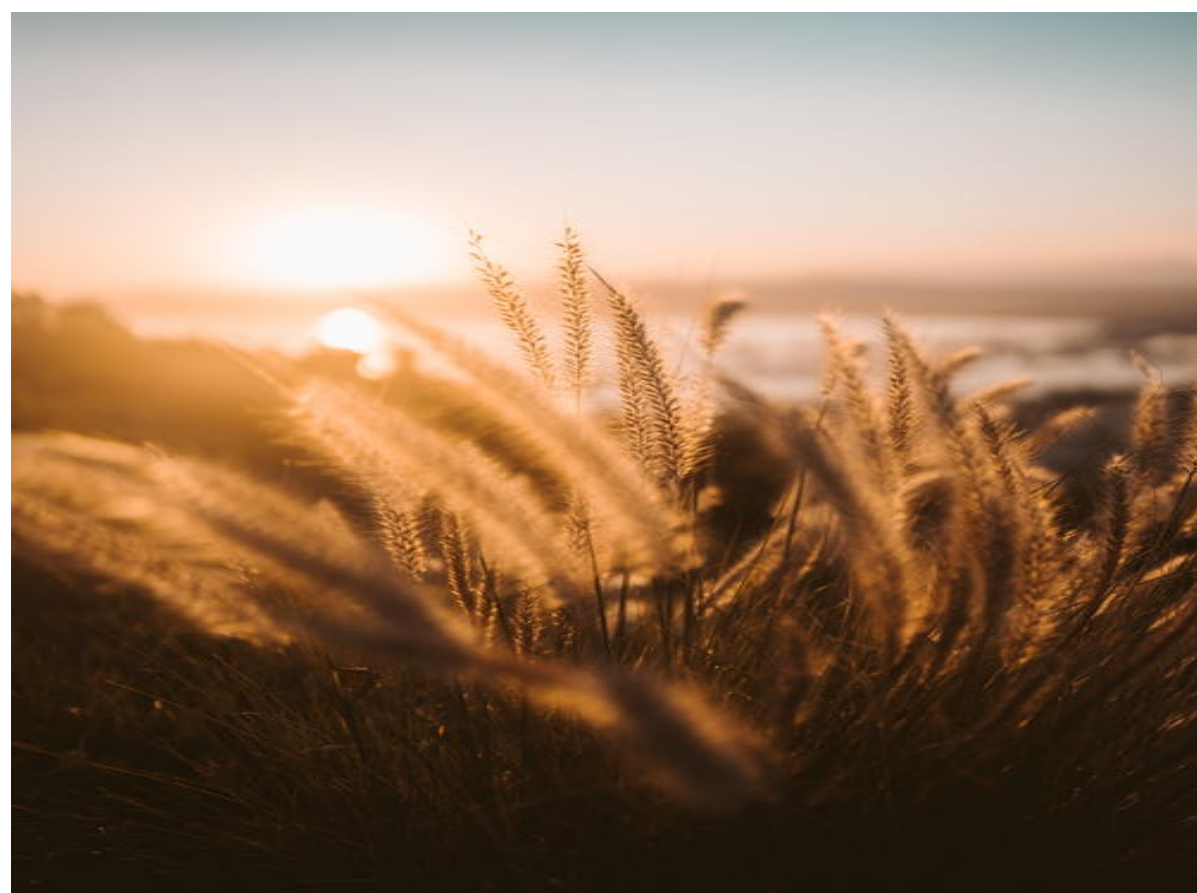
Secondly, in order to do what I do my advice would be you have to be a self-starter, organized, and stick with a hardcore schedule. For me, its absolutely imperative for success. Not only do my babies thrive on a schedule but so do I!

Next buy yourself a big, ol' calendar. Appointments, meetings, anything and everything. That is guaranteed to keep you organized and on track. This is imperative to have success. Being organized is one of the most important steps.



A lot of times I believe people feel they can't have it all, or they put limitations on what they can do for one reason or another but I'm here to tell you, you can do whatever you want if you put your mind to it! I'm living out my dream each and everyday. I do have it all and it's entirely possible to obtain if you align yourself to make it happen.

Until next time, figure out what you want. Get that calendar, write down your goals and get up early! Once we have attempted to master these foundation skills we can go deeper!  
-Alexandra



Last but certainly not least, as hard as it may be, get up early! Seize the day! If you are rushing around each morning you are almost bound to fail. When you get up early you have time to organize your thoughts, workout, have a cup of tea or coffee. Mentally prepare for the day ahead.



# SALUTE TO INDUSTRY

Welcome to Salute to Industry Initiative where we interview and feature employer opportunities across America!

Take a few minutes and tune in to learn more!



In this video we focus on ourselves...you heard right, we're hiring here at VetJobs!

--> [click here if you are viewing from a PDF file](#)

Learn what it is like to work in the nonprofit industry, to work from home, let alone what it's like to work with the leading Veteran & Military Employment organization in the United States.

Email Bianca Nafliotis to inquire about our new positions at  
[bianca@vetjobs.org](mailto:bianca@vetjobs.org)

# From The Social Media Corner

## By Nancy Hudson

Hello! I am Nancy Hudson, your social media coordinator, writer, and designer. Welcome to my world! Working for you as a social media writer has been a fantastic experience that has helped me understand how the world keeps moving towards greater modernization and unification through something as simple yet complex as the internet.

Here you will find new gadgets, apps, and articles that can help you navigate the maze of this fantastic and increasingly necessary world of social media.

If you have any questions, please just send an email to me at [nhudson@vetjobs.org](mailto:nhudson@vetjobs.org) and title it "Dear Social Media," and I will get you the answers in our next edition

It is a true pleasure to work on this team and be part of such a great organization that cares for our military community.



### **Cooler gadgets to watch out for in early 2021**

What gadgets should you be eyeing in the early part of next year to stay abreast with the dynamic times? [Click here and check out this article on the five best choices for 2021.](#)

### **New Apps**

Did you know that some of Apple's Macs will now let you run the same exact apps you currently use on your iPhone and iPad? CNET have you cover check this <http://cnet.co/3iAfHfh>

[3iAfHfh](http://cnet.co/3iAfHfh)



# Welcome to the Spouse Nation Corner

**Stacey Harris and Milinda Rau**  
**Military Spouse Jobs Outreach Team**

Spouse Nation is a platform developed to address military spouse employment along the continuum of challenges job seekers face. Our website is a collection of resources and tools military spouses may use to maintain their employment readiness until they are ready for employment. This month we would like to highlight a unique tool we are able to offer on Spouse Nation.



**Candid Career** offers insights into industries and occupations from those that are currently working in those fields. Using a video platform, real people share honest career information to help users in choosing their own career path. In addition, Candid Career offers career planning tools breaking down the daunting task of choosing your career path. Spouse Nation is grateful for the partnership with Candid Career and the ability to offer this tool to our job seekers at no cost.

**Candid Career** is available through our unique portal. Take advantage of this great tool for exploring your interests and your passions!

With the help of Candid Career and Spouse Nation,

**[YOUR SUCCESS STARTS HERE!](#)**

**<https://www.spousenation.org/career-explorer>**

**<https://www.facebook.com/groups/SpouseNation>**




As a licensed counselor, I often emphasize the necessity to put a priority on wellness when in the throes of a job search or career shift. It is important to know that effective job searches can consume as much time as a full-time job. The stressors pressing for our attention will take a toll on our mental health if we allow it. There are emotional ups and downs, processes we may not understand, and times we feel completely alone or devalued. The effort we make on behalf of our own wellbeing do impact the way we seek, present ourselves, and the opportunities we encounter.

There are a few tools you can begin today to navigate your job search or career shift season in a healthier way:

**Establish basic boundaries within your control.**

Wake up routinely at a decent hour, sleep enough to rejuvenate your body, fuel your body with healthy foods, and stay hydrated. When we care for ourselves in this way, the amount of stress chemicals in our body can lessen. The reason is that your body is less stressed about maintaining basic functions and now has the increased bandwidth to add attention and energy toward your identified priorities (in this case: get a job, promotion, or career shift.)continued on next page.

### JOB SEEKER WINS WORK & WELLNESS




**Connect**

Wisdom from others goes a long way.

**Presentation and Connection**

Target Linked In, Appropriate VM Message, Clean Social Pages



**Boundaries**

Be intentional with where you spend your energy.

**Self Reflection and Care**

Strive to be your own expert.

**Just a Season**

This season is teaching you. Use it, learn from it, and move forward

[www.vetjobs.org/job-seekers](http://www.vetjobs.org/job-seekers)



## **Do not go it alone.**

As humans, introvert or extrovert, we were built to thrive in community. Identifying a few key components to enhance healthy social interaction can do wonders in maintaining a level of sanity in a stressful season.

Include an individual or two who are wise and mature that speak truth into your life.

Make sure that if you are a veteran, guard, reserve or spouse to get a career specialist to assist in navigating the HR world and finding additional opportunities that fit your skills (ahem: [www.vetjobs.org/job-seekers](http://www.vetjobs.org/job-seekers)).

Identify some mentors or individuals who are succeeding at what you would like to be doing and ask for 20-30 minutes of their time for an informational interview to learn from their experience. Linked In is a great place for this (but make sure you use tools to set up and use this platform to your advantage. That career specialist I mentioned above can share some resources).

Ask your network you would want representing you for referrals. You never know what they do until you ask.

## **Meet yourself where you are.**

Just as basic routines and an effective search contribute to your progress, sometimes the best progress is to be self-aware on your level of stress, need for connection, and desire to detach from serious things for a minute. The more you tap into your needs and own best practices, you will know when to schedule time to play with the kids, go for a run, help your spouse, adjust your budget and spending, or serve a neighbor in need. Do not forget that you are more than your job. It is okay to know this is just a season, and the effort (or lack there of) will bear fruit. You get to choose.

I hope that over the next few weeks you will incorporate some of these wellness efforts to contribute to your own job seeking wins. Have a job seeker story with a win involving wellness? Share it:

[cmcfadden@vetjobs.org](mailto:cmcfadden@vetjobs.org)