







The Suite of Documents Pay attention to everything on-line and in print about you that a potential employer could see · Create a blog · Comment on topics in your industry on association websites Create your own website • Visual CV's · Learn how to toot your own horn



AnthemEAP

4

Think Like a Hiring Manager



- Who is this person and what is their objective?
- Do they have the skills I need?
- Do any of their past accomplishments impress me and are these accomplishments relevant to the job I need to fill?
- · Does this person's work history show growth and increased responsibility?
- · What can I find out about them on the internet?

AnthemEAP

5

Resume Formats Functional - not well received in general - outdated

- Focuses on your skills and abilities; often used when you have unique skills but not an exceptional job history
- o Not preferred by hiring managers

Chronological - used frequently

- Most traditional list most current work experience first
- \circ $\;$ Employer, location, position and dates with brief overview of job $\;$

Combination - impart information chronologically, but also break out the functions

AnthemEAP



7



8

Do's and Don'ts

Do's

- Include your accomplishments be specific . Tell the truth
- Put your strengths toward the top . Check for spelling and grammatical errors
- E-mail address and cell number is the only contact information needed avoid providing address, home phone

AnthemEAP



Don'ts

- · List any personal information such as weight, height, marital status, race or religion
- List salary or pay information, that can be provided separately if requested
- Use quirky or funny photos unless the job warrants them

How to Distribute Your Resume

Make sure that your resume is getting to a person who will be able to do something with it.

On-line resume posting services usually are for unemployed people – better to use reliable career-oriented social networking sites.

Connect to association or trade specific websites where an employer would look for a qualified person.

Always follow up with a phone call.

Don't send it to a head-hunter – they are looking for you. They don't want people to go to them unless you have had a head-hunter request your information or been referred.

AnthemEAP

10



How EAP Can Help ...

- Face-to-face counseling sessions
- Child/Eldercare consultation & referrals
- ID theft recovery
- Free credit monitoring
- myStrength Health Club for Your Mind
- Comprehensive website

 - o Self assessments
 - o Health/wellness library

AnthemEAP

11





