

During the transition to civilian life, employment can be a great concern for veterans or their family.

*We Help Ease the Transition*



## **CHECKLIST**

*to help ease  
the employment transition*



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- Contact your MFRC to learn more about the employment support services available to you.
- Various workshops on vocational guidance and job search tools (résumés, job search strategies, job interview skills, etc.) are offered in your area. Check with your MFRC.
- In order to access job offers available in your field, you can start your research with the open job market, by performing your job search by looking at:
  - Job offers in newspapers;
  - General job search websites (such as Jobboom, Monster, Indeed, etc.);
  - Professional associations in your field;
  - Companies' web sites that interest you (Career Section);
  - Employment agencies;
  - Job fairs in your area.
- A list of job search web sites is available through your MFRC or local employment centre.
- Contact the local Chamber of Commerce, as well as your local town or city hall to access information on businesses in the region.
- Networking tools such as business cards and social media applications (e.g. LinkedIn and Facebook) can be effective tools with which to connect with companies, colleagues, recruiters or to join discussion groups. Social media, in a business context, is relevant as it allows others to see your professional profile.
- Volunteering at your local MFRC or within your community may help you acquire new skills and experience to put on your resumé, which may help you with your networking.

## *for veterans*

- Start thinking early about your civilian career. Before your release, contact your Base Personnel Selection Officers (BPSO) to discuss the options available to you.
- If you have an entrepreneurial streak, you may wish to look into Prince's Operation Entrepreneur **[www.princesoperationentrepreneur.ca](http://www.princesoperationentrepreneur.ca)**. This program was designed for recently retired soldiers, CAF members, as well as their families to aid in transition. They provide funding and mentoring for new entrepreneurs.
- Before meeting with a counselor, get in touch with Veterans Affairs Canada at **[www.veterans.gc.ca](http://www.veterans.gc.ca)** in order to learn more about their programs and benefits.
- A counselor could help you write a résumé by making sure your military skills and experiences are translated into civilian terms and by assessing your professional interests and needs, while keeping in mind any limitations you might have. To facilitate the writing of your résumé, we advise you to bring your military career summary (MPRR or PE806). Contact your local MFRC for opportunities to meet with an employment assistance professional in your area.
- If you are medically releasing from the CAF, you may qualify for priority hiring status with the Public Service of Canada. For more information, contact Veterans Affairs Canada **[www.veterans.gc.ca](http://www.veterans.gc.ca)**.
- Searching for a job online is now easier if you are a veteran, thanks to the new "Veteran Friendly" initiative implemented by Kijiji Canada. To find a "Veteran Friendly" job on Kijiji: simply do your search, then apply the filter that you will find in the menu on the left.
- You could be eligible to the Helmets to Hardhats program. This program is dedicated exclusively to Canadian Forces members making the transition from active duty to full-time employment in the construction and related industries. This program is open to veterans, reservists and members of the Canadian Forces. **[www.helmetstohardhats.ca](http://www.helmetstohardhats.ca)**