

**W**elcome to Cenera / CPI. Our team looks forward to working with you as we share our resources and experience in managing career transitions.

Each of you joins us from differing circumstances with distinct needs. Therefore, Cenera has taken a unique approach offering you an opportunity to select from a variety of modules to help you progress effectively and efficiently through your transition.

We invite you to discuss the options with your Career Consultant in order to select those which best meet your needs and optimize your transition time with us.



## CAF Career Transition Program Overview

### COACHING

- Basic 5 Modules of service (*there are no time restrictions with modular programs*)
- One-on-one meetings with dedicated coach; flexible scheduling
- Assistance to individuals to address transition effectively
- Tactical support for job search

### TECHNOLOGY AND RESOURCES

- Web-based career centre, Momentum™
  - Three months access 24/7
  - Self-paced learning
  - Access to self-assessment tools and activities
  - Resume Builder™
  - OneSource™ Corporate database with over 17 million global entries
  - Job bank search spider with over 400,000 Canadian corporate sites
- Career Transition Workbook (bound copy)
- Online workbook and exercises
- Introduction to Recruitment Firms

### JOB SEARCH SUPPORT

- Resume development (*translation of military skills to corporate needs*)
- Job search correspondence (letters, email)
- Preparation for interviews
- Negotiation strategies
- Networking information, including the use of emerging social media

### WEBINARS

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| • Change Management                 | • Preparation for Interviews         |
| • Stress Management                 | • Social Media I + II                |
| • Self-Assessment                   | • Networking I + II                  |
| • Resume Development                | • Strategies post Job Search Support |
| • Job Search Planning and Marketing | • First 100 Days on the Job          |
| • Working with Recruiters           |                                      |

To set up an introductory meeting with a Career Coach or to gather more information [Click here](#)