



## CAF Career Transition Program Overview

---

### COACHING

- Basic 5 Modules of service (*there are no time restrictions with modular programs*)
- Two 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
- Interview preparation and reference guide.
- 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

- Self-Assessment
- Resume Development
- Job Search Planning and Marketing
- Preparation for Interviews
- Networking
- Maximizing Social Media tools

---

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