

How to Advance My Post-Pandemic Career Plan?

By Louise Robitaille, guidance counsellor

At the dawn of deconfinement, economic activities and the labor market are coming back to life. Now that the break is coming to an end, its time to think about your career plans or start your job search. For the employee or job seeker, the shortage of personnel in several sectors provides an opportunity to learn more about the various job openings, but first and foremost, it is important to plan:

1. Define your career plan. Do you know specifically what you want to do? Has the pandemic opened-up new horizons for you? It is possible that this crisis has allowed you to see other work possibilities that had not been thought of before. It is worthwhile to do some research and consider to what extent you are qualified or could qualify for these new opportunities.

2. Once you have defined what you want to pursue, the next step is to ask yourself: Where can I do this work? Have I ever thought about starting my own business? Is telecommuting an option for this type of work?

3. Review your resume and cover letter. Do they adequately reflect your experience, knowledge, and skills for the targeted job? Could you improve the content as well as the format? Take the opportunity to research new trends in this area. Keep in mind that moderation is key, therefore, between too much and not enough is the best formula to achieve a harmonious document that highlights the essential elements for a given job. You can use job offers and descriptions to write CVs and cover letters that will have the best chance of catching the recruiter's attention.

And why not create or update your LinkedIn profile?

4. Now is the time to take action and search for a job. The Internet is the best way to obtain information about the job market and employment opportunities. Due to the pandemic, information has exploded over the Internet and much of the work is being conducted online. Yes, look at job postings, but do not overlook unsolicited applications. Additionally, expect to do some interviewing via video conference while awaiting a formal meeting upon complete lifting of the lockdown.

As the saying goes, "Out of the worst moments in history come the best opportunities."

Need to discuss your career path? Consult a guidance counsellor at the MFRC: it is easy, free, and confidential. Valcartier office: 418-844-6060 / Sainte-Foy office: 418-649-6505.