

Career Coaching Services

OUR CAREER SEMINAR AND WORKSHOPS

Here's what we've been up to since our last newsletter:

WINTER/SPRING 2024 SEMINARS

'MANAGING YOUR CAREER IN CHANGING TIMES'

Our most popular career seminar was offered this winter at full capacity. Facilitated by a professional Career Coach, participants met once a week for six-90 minute sessions in a virtual format. Participants built self-awareness to clarify career direction, explored career alternatives, and learned about the latest job search trends including resumes, interviewing, and LinkedIn. At the conclusion of the seminar, each participant was also eligible for a one-on-one consultation with their career coach. Two additional seminars are taking place this Spring as well.

APRIL 2024 WORKSHOP

'TEEN JOB SEARCH' WORKSHOP - Tips, Applications, Resumes & More to help teens land a part-time or summer job. A free virtual workshop conducted by a professional Career Coach, this is always a very popular workshop. Topics covered included what type of jobs are available for teens, where to look for jobs, how to answer questions on the job application, and what to share and ask during the interview.

HAVE YOU VISITED OUR NEW CAREER COACHING SERVICES WEBSITE?

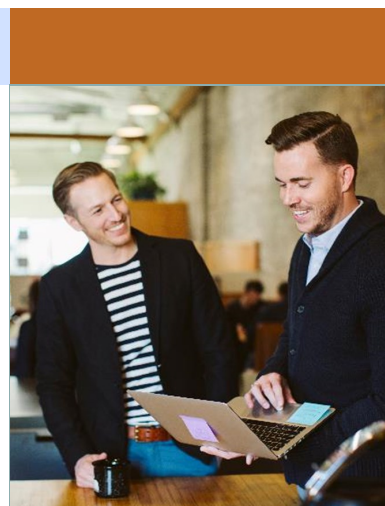
We introduced our new WLS Career Coaching Services Website this winter! We hope you will take some time to explore our site. It's filled with articles, guides, and tools to empower your successful career journey. From resumes and interviewing to networking effectively, we've got you covered. Whether you're a recent graduate, career professional, or seasoned executive, we have the tools to guide you towards success. Stay updated with the latest employment and career trends. Read about our seminar and workshop offerings, and register for events as well. Start your search here: www.wlscareercoachingservices.org

WORKSHOPS COMING SOON!

'UNLEASHING CAREER OPPORTUNITIES THROUGH NETWORKING' to be held **in person** at the **Somers Public Library** on **Thursday, May 9th from 6:15pm—7:45pm**. Learn what networking is, how to positively reframe your networking message, how to strengthen your network, and how networking and social media work together. Enhance your job search and build your network by participating in this informative workshop. Advanced registration is required at <https://bit.ly/49ki1Qi>

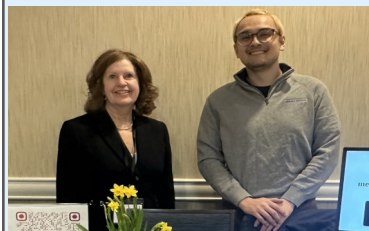
'OVERCOMING AGEISM IN THE WORKPLACE' will be held **in person** at the **Scarsdale Public Library** on **Wednesday, June 5th from 6:00pm—7:30pm**. Learn to address ageism assumptions and myths, modernize your resume and LinkedIn profile, and target employers' needs. Join us as we discuss how to protect your job search and career from age bias. To register for this workshop, click here: <https://bit.ly/4dafwTB>

LINKEDIN BOOTCAMP TO BE HELD THIS SUMMER! A **two-day virtual** presentation featuring Dr. Elisse W. Barnes, JD, PhD, your LinkedIn Driving Instructor. Coming up on **Wednesday, August 21st and Friday, August 23rd from 10:30am to 1:00pm daily**. Advance registration is required and space is limited to 16 participants! Check our website often for more information and registration links.



CCS EXHIBITS & EVENTS!

The **4th Annual Westchester Women's Summit** was held on March 15th at the Sonesta Hotel in White Plains. WLS was a sponsor and also exhibited at the Summit. The day focused on women's empowerment and professional growth. Pat Brigham, Marie Riffel, Elaine Dreyer, Krishna Brodigan and other WLS members shared and showcased our library services for job seekers and career changers.



WLS was a sponsor and participated in the first **Westchester County Clean Energy Careers, Jobs, and Resources Fair** at Pace University on April 3rd. Westchester County's Office of Economic Development and Sustainable Westchester coordinated the event offering informational sessions facilitated by industry professionals to provide first-hand insights for this growing field. Linda Smith, Phyllis Blake and Pete Riffel connected with employers and other county agencies and promoted library services to job seekers.



*"Opportunities don't happen,
you create them."*

— Chris Grosser

CAREER COACHING SERVICES (CCS)

WLS offers specialized programs with trained professionals to guide you in your career path. Career Development virtual seminars, interactive workshops, and career-related speaker events are offered throughout the year facilitated by professional career coaches. Seminars provide career strategies to build self-awareness to clarify career direction, explore career options and alternatives, learn about latest job search trends, and develop career goals.

wlscareercoachingservices.org

OUR MISSION

The mission of the Westchester Library System (WLS) is to empower lives and communities by connecting people in Westchester County with the resources, services and programs available through WLS and the member libraries.

Career Coaching Services
Westchester Library System
570 Taxter Road, Suite 400
Elmsford, NY 10523
914-231-3238
wlscareercoachingservices@wlsmail.org



SMASHING AGE STEREOTYPES: TIPS FOR MASTERING YOUR JOB SEARCH BEYOND 40



By ANTONIA CALZETTI

In the fast-paced world of job hunting, age bias remains a hurdle for seasoned professionals. Despite a wealth of experience and skills, those of us 40 & beyond have encountered stereotypes and hurdles that can impede our progress. With the right tactics and mindset, it's feasible to surpass these age-related barriers and secure rewarding job prospects. Let's dive into a few actionable strategies to navigate age bias to help you navigate your job search journey.

Let's kick things off by checking out those skills and looking at them with a fresh perspective. It's time to roll up your sleeves and get proactive! Take a dive into online courses or workshops to keep your skills sharp and stay ahead of the curve. Whether it's mastering the latest software or brushing up on industry trends, soaking up new knowledge gives you that extra edge in the job market.

Next up, let's give your resume and LinkedIn profile a serious glow-up. Show employers that you're not just keeping up – you're heading the charge! Highlight your expertise and recent accomplishments to showcase your ongoing dedication to finding your dream job. Start by tailoring it specifically to the job you're after – make sure to sprinkle in some keywords to catch those recruiters' eyes and the attention of the applicant tracking system (ATS). Your resume and LinkedIn profile are your personal brand ambassadors – make sure they're working your praises from the digital rooftops. Focus on highlighting your recent wins and achievements. Trim down the ancient history and hone in on what really matters. Whether it's a recent project you knocked out of the park or a new skill you've mastered, make sure those achievements take center stage on your resume.

Once your resume is in order, it's time to work on expanding your professional network, opening new doors. Start by attending industry events where you meet fellow professionals in your field. Whether it's a conference, workshop, or networking mixer, these events are goldmines for meeting like-minded individuals who share your passion and drive. Take it a step further by scheduling one-on-one coffee dates with people in your industry. Reach out to colleagues, mentors, or even acquaintances and ask if they'd be up for a casual chat, whether in-person or virtual. It's the perfect opportunity to pick their brains, share insights, and build relationships that could pay off down the road. And here's a little secret weapon: don't hesitate to ask colleagues, friends, or someone you met at an event for referrals. Referrals can be incredibly powerful in opening doors to your dream job. It's awkward, I know, but don't be shy – reach out, make connections, and see where it takes you. Who knows? Your next big opportunity could be a conversation away.

Embracing your age is like wielding a superpower in the job market – it's what sets you apart and makes you an invaluable asset. Don't hide your years of wisdom and expertise – flaunt them proudly in your applications and interviews. Let your experiences shine through, showing employers why you're the perfect fit for the role. But it's not just about showcasing your skills – it's also about maintaining a positive attitude and unwavering persistence in the face of challenges. When rejection stings, don't let it knock you down. Instead, view it as an opportunity to learn and grow, knowing that each setback brings you one step closer to success. Lean on your support system for encouragement and motivation, whether it's friends, family, or mentors.

In the end, conquering age bias boils down to remaining authentic to who you are, maintaining resilience in the face of challenges, and keeping your eyes firmly fixed on your objectives. Embrace these hurdles, armed with the wealth of experience and unwavering determination you possess, and demonstrate your capabilities to the world. After all, age is just a number. It's our skills and experience that are timeless.

With over two decades of diverse experience spanning midsize to large scale companies, Antonia brings an unconventional approach to recruitment and talent. Specializing in high-volume recruitment strategy, candidate experience, employer-branding, and corporate culture, she thrives in forging genuine connections and fostering trust among candidates and colleagues alike. Antonia drives impactful change within organizations by understanding and nurturing talent, recognizing it as the heartbeat of any thriving organization. From assembling teams to shaping tomorrow's leaders, her dedication to recruiting the right people to build the right teams within organizations remains unwavering.

Contact Antonia at acalzetti@gmail.com for collaboration, networking, or to work with her.