


ACP Presents: How to Enter into the Workforce After a Gap

On April 27th, ACP hosted Women's and Military Spouse Production for an inside look at how to navigate the job market after taking a break. Here are the resources shared during the webinar. Our Panelists were iRelaunch's [Carol Fishman Cohen](#) and Lockheed Martin's [Lauren Gonzalez](#). They gave their tips and tricks on how to take your next steps into restarting your career. These were the links provided during the webinar.

LinkedIn Live Links:

To learn more about ACP and how we help our Veterans & Military Spouses click here!

<https://www.acp-usa.org/mentoring-program/program-overview>

EXPAND YOUR NETWORK WITH (ACP Connects) - The best place to connect with Veterans and Mentors from all over on LinkedIn  :

<https://www.linkedin.com/groups/12259026/>

Connect with us on our Facebook group on [ACP: The Veteran Compass](#), it is a space for our Veterans to engage with one another #network :

<https://www.facebook.com/groups/acpcompass/>

Veterans sign up here!

<https://www.acp-usa.org/mentoring-program/veteran-application>

Spouses sign up here!

<https://www.acp-usa.org/spouses>

Mentors sign up here!

<https://www.acp-usa.org/mentor>

Interested in seeing the impact our mentors are making?

<https://www.acp-usa.org/impact/metrics>

Connect and Network with Veterans and Mentors on ACP AdvisorNet Straight from our Community Feature

<https://acp-advisornet.org/>

Feel free to explore our Protégé Resources Page

<https://www.acp-usa.org/mentoring-program/resources/protége-resources>

For more info on How to get a free premium membership for the military on LinkedIn:

<https://socialimpact.linkedin.com/programs/veterans/premiumform>

To learn more about LinkedIn's Networking Opportunities click here:

<https://socialimpact.linkedin.com/programs/veterans>

For resources on Interviewing:

<https://www.themuse.com/advice/star-interview-method>

<https://www.indeed.com/career-advice/interviewing/interview-questions-for-military-veterans-with-example-answers>

For Resume Tips:

<https://www.thebalancemoney.com/action-verbs-and-power-words-for-your-resume-2063179>

<https://careersidekick.com/how-to-tailor-your-resume-for-each-job-description/>

Choosing a College for Veterans and Active Duty Service Members

<https://bestaccreditedcolleges.org/resources/military-veterans-college-guide>

Company Links

Learn more about iRelaunch:

<https://www.irelaunch.com/>

Join iRelaunch Return Conference from May 9-May11:

<https://www.irelaunch.com/events/rtw-conference-may-2023>

Please use the code FREE4ACP to register for free

Explore the iRelaunch Job board:

<https://jobs.irelaunch.com/>

"3, 2, 1 iRelaunch" Military Spouse Mini-Series:

<https://www.irelaunch.com/relaunchers/about-the-podcast/military-spouses-mini-series>

iRelaunch Summer Series for Military-Connected Relaunchers:

<https://www.irelaunch.com/resources/irelaunchs-2022-summer-series-for-military-connected-relaunchers>

iRelaunch podcast:

<https://www.irelaunch.com/podcast>

Join iRelaunch Return to Work Forum on Facebook:

<https://www.facebook.com/groups/iRelaunchReturntoWork/>

Watch Carol Cohen talk about Career Breaks on Ted Talk:

https://www.ted.com/talks/carol_fishman_cohen_how_to_get_back_to_work_after_a_career_break

Careers at Lockheed Martin:

<https://www.lockheedmartin.com/en-us/careers/index.html>

Lockheed Martin Chapter Next Program:

<https://www.lockheedmartinjobs.com/chapter-next>



INTERVIEWING TIPS ON CAREER GAPS

Add a career break section to your resume. Recruiters are looking for what you have been doing. We want to see upfront that you were a full-time parent, a student, and volunteering.

- 1.** If you are comfortable sharing what you have been doing during that career gap, talk about it with confidence and in a positive light. It will give the interviewer some insight into the experiences that you have been gaining.
- 2.** When you are talking about your previous roles, talk about your experience like it was recent. You can say when you worked for this company, you faced challenges and you'd like to tell them about it. Keep it relevant to the role you are applying for.
- 3.** Practice how you gain your skill sets through your relevant work and volunteer experience out loud. The more you practice mock interviewing, you will memorize your contributions and gain more confidence, and become a better interviewer.