

good news

March 2012

Shape Up!

It's interview time! We hope you've completed lots of applications and turned in a lot of resumes. By now, you're probably getting many requests for interviews. Spring is coming, so, as you start to shape up for swim suit season, think about staying in SHAPE for those interviews.

Here at Career Connections, we frequently use the acronym "SHAPE" to remember some of the important things to keep in mind when interviewing.

Smile - Remember that scared people frown and confident people smile. You don't have to grin from ear to ear or look like the cat that swallowed the canary. Just keep those corners of your mouth turned up instead of down for most of the time and you'll be fine.

Handshake - Be ready and willing to shake hands! Keep your grip firm, but pleasant. Don't give the "limp fish" grip and don't try to arm wrestle. It's not a competition. Holding the grip for three to five seconds is customary and you can let go when the other person lets go.

Attitude - Nobody likes a wet blanket. Prospective employers will be much more receptive to applicants who are energetic and positive. Project a bright outlook on life and you'll open more doors.

Posture - Stand and sit up straight. Don't slouch and don't be a stiff board, either. A nice, relaxed but alert posture is the goal so keep your arm and hand gestures open.

Eye Contact - Whether in card games or interviews, most effective interactions with people require good eye contact. Look 'em straight in the eye but don't try to stare people down. People who glance around a lot or avoid a direct gaze may appear to be nervous or shifty.



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Client Success

Alex came to us as a former offender without a GED and was one of the first clients we served after first opening. When we opened, we began working with a company called Clean Streak, Inc. to clean our office. In the process, we were able to introduce Alex to Susan and Horace, the owners, and they decided to give Alex a chance. He went to work cleaning for them and now is the Warehouse Manager. Since working with them, he's been able to buy and pay off a truck, close his case with DSS, and move up in management to where he supervises several other employees. Horace and Susan tell us that Alex takes pride in his work, has initiative, and they are so proud of him. They thank us for introducing Alex to them and now he's "just like family".



March Calendar

GED Classes, Goodwill Career Connections classroom, Tuesdays and Thursdays 9 AM to 1PM

CNA Information Session, March 1st, Blue Ridge Community College, Bo Thomas Auditorium from 8:45 AM to 11 AM

Employment Services Workshops – Division of Employment Services/JobLink (Formerly "ESC". Call 828-693-1703 to reserve a seat.)

Job Search Workshop - March 7, 14, 21, and 28, 9 AM - 11 AM

Resumes that Sell - March 7 and 21, 11:15 AM to 1:15 PM

Interviewing Skills - March 14 and 28, 11:15 AM - 1:15 PM

What Employers Want - Tuesdays, March 6 and 20, 1 PM to 2 PM

"Plans are only good intentions unless they immediately degenerate into hard work." - Peter Drucker



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