



GOLDEN CAREER STRATEGIES

Career Tips

Summer 2006

Trailing Spouses

You just landed your dream job in another state. Your spouse is supportive and is helping to plan the move. Even when both parties are in agreement, you are about to experience two of the top ten occurrences on the life stress list: moving and starting a new job.

According to www.wordspy.com the trailing spouse is the person who gives up his or her job in order to follow the other person to a new location where that person has found employment.

It is often the expectation that the trailing spouse will assume the responsibilities entailed with establishing a new residence while the transferred spouse will start work and “hit the ground running.”

There are many things that a couple can do before moving that can help minimize the effects of stress. (continued)

Internet Etiquette: Are your Netiquette Skills What They Should Be?

Netiquette is defined by Webster as “etiquette governing communication on the Internet.” It is important to know the guidelines as today we use the internet for much of our communication. Knowledge of netiquette can help explain technical limitations of online communications and can help you create a positive impression.

When communicating via electronic mail common courtesy and clarity is vital. As you compose an email keep in mind that unlike a phone conversation in which we can hear tone of voice or an in-person discussion

where we can observe body language, email can be easily misinterpreted. Clear concise communication via the internet is

crucial to portraying your professionalism.

Netiquette applies to online chatting and message boards as well as email. Here are a few general rules to follow when generating email:

- Never forward chain letters.
- Never use all caps. This is considered shouting.
- Include your contact information at the bottom of every email by using an automatic signature.
- Always check spelling.



“To find a career to which you are adapted by nature, and then to work hard at it, is about as near to a formula for success and happiness as the world provides. One of the fortunate aspects of this formula is that, granted the right career has been found, the hard work takes care of itself. Then hard work is not hard work at all.”
Mark Sullivan

Trailing Spouses, cont.

Minimizing the Effects of Move-Related Stress:

1. Educate yourself about the region, to which your family is moving. Increased knowledge decreases the fear of the unknown.
2. Contact the HR department of your new company and see what services they offer for relocating employees.
3. If you are a member of a national group such as Rotary or The Lion's Club, contact the club that meets in your new location and let them know that you are relocating. They may have helpful ideas for the move and you will already be making connections to your new town.



4. Acknowledge the fact that this will be a stressful time and work as a team to be supportive of each other.

5. Plan for time off. There will be many responsibilities in preparing for the move. Give yourself enough time to make a plan and follow it through.
6. Be kind to yourself. It is normal to feel sad and excited both at the same time. Keep in mind that you may grieve leaving the job and home that you know. When you arrive in your new town find local places to engage in activities you enjoy.
7. The trailing spouse may want to consider working with a career advisor that is familiar with the local area and can provide guidance and contacts for re-establishing his or her professional ambitions.
8. Enjoy the process. While this can be a stressful time, change brings opportunities such as career advancement, personal growth, new friendships and strengthening the bonds of marriage.

Choosing to work with Myles Golden and his incredibly capable team will likely go down as one of the smartest decisions I've made in life.

Samantha Wallace
Human Resource Manager

Netiquette, cont.

- Re-read important messages before sending them - possibly from the recipient's perspective to help prevent miscommunication.
- Include a subject heading that reflects the content of the message. This makes it easier to find the email later if it is needed for reference.
- Use mixed case and proper punctuation. Email is not an excuse for poor grammar.
- Never send group/mass emails with everyone's email address in the To: box. Respect recipient's privacy and use the BCC (Blind Copy).
- Don't send unsolicited file attachments.
- Don't forward cybermyths and urban legends or virus warnings before verifying them at a site like www.snopes.com or www.scambusters.org.

With these simple and easy to follow rules your emails will communicate the message you want to send while presenting a professional image.

Golden Career Strategies Round Tables

All Executive Roundtables are held at our office on Monday mornings at 8:00 AM. Reservations are required.

Please see our website for upcoming topics at www.goldencareerstrategies.com/news.html

Past topics have included:

Are You Entrepreneurial?

By Terry Weaver, Delta Resource Group

What Makes You Unique?

By Myles Golden

Fear...The Killer of Your Dreams!

By Donna St. Claire

Area Sales Supervisor and Performance Coach

Dale Carnegie Training of South Carolina, Upstate

Interviewing Styles and Techniques

By Jim O'Connor,

Senior Consultant, Golden Career Strategies