



## Seek a Mentor

Mentors possess valuable knowledge and experience and want to share their insights with military spouses. They encourage personal and professional growth and offer advice, guidance and new ideas.

Military spouses have the opportunity to contribute in many different communities over the course of their service members' careers. They are extraordinarily adaptable and flexible as they provide stability for their family through multiple relocations and deployments.

Relocation means spouses may switch schools or look for a job while helping the family adapt to a new location. In times of change, military spouses rely on each other, often providing mentorship and guidance to help one another adapt to new communities and locations. The Military Spouse Employment Partnership connects spouses with mentoring programs.

### Mentors can help you in the following ways:

- Search for employment opportunities
- Learn more about different employment fields or occupations
- Discuss possible career paths or ways to grow within your career
- Provide insight to starting or maintaining a career while serving as a military spouse

### One-on-one or in a group setting, mentors offer support in a variety of ways:



The Department of Defense Military Spouse Employment Partnership recognizes the importance of mentors and welcomes MSEP partners who provide mentorship opportunities for military spouses. The MSEP partners currently providing mentoring opportunities include:

**Military Spouse eMentor Program** —

<http://milspousementor.org>

An online community where spouses connect with experienced spouses, career mentors and employers to receive career guidance, advice and support

**Joining Forces for Women Veterans and Military Spouses Mentoring Plus** —

<http://joiningforcesmentoringplus.org>

A program that provides resources, mentors, subject matter experts and online connections to help military spouses obtain meaningful employment and build their careers

**In Gear Career** —

<http://ingearcareer.org>

Local chapters provide career-minded spouses with networking opportunities, professional development programs, community involvement and peer-to-peer mentoring

**Blue Star Networks** —

[http://bluestarfam.org/Policy/MilSpouse\\_Professionals](http://bluestarfam.org/Policy/MilSpouse_Professionals)

A place for military spouses to share professional information, network and get the scoop on licensing requirements across the country in three targeted groups:

- **Blue Star Educators** — <https://facebook.com/groups/BlueStarEducators>
- **Blue Star Entrepreneurs** — <https://facebook.com/groups/BlueStarEntrepreneurs>
- **Blue Star Health Care Professionals** — <https://facebook.com/groups/BlueStarHealthCare>

**Military Spouse Foundation** —

<http://militaryspousefoundation.org>

Military spouses providing one-on-one mentoring, community discussions and expert forums with a focus on career planning and entrepreneurship

Some employers offer mentorship programs, so check with your human resources department if you are seeking a mentor at work. Regardless of the source, mentors are a great resource for all kinds of issues, and best of all, they are ready and willing to help you learn, advance and achieve.



The Military Spouse Employment Partnership is part of the Department of Defense Spouse Education and Career Opportunities program that offers comprehensive information, tools and resources to support military spouse career exploration, education and training, employment readiness and career connections.

For more information about MSEP, visit <https://msepjobs.militaryonesource.mil>.