



Resumes and Interviews

Intended Audience

All members, including people living with cancer, family members and significant caregivers.

Program Description

Having a history that includes cancer should not affect a person's job prospects. In Resumes and Interviews (a companion to Wellspring's Returning to Work program) members are guided in the process of constructing a new resume and preparing for an interview following a cancer diagnosis. This four-session program identifies strategic and competitive advantages in the workplace, and helps members identify and present their distinctive collection of knowledge, skills, abilities, strengths, and experiences that are valuable and marketable.

Benefits and Impact

Entering or re-entering the workforce after a cancer diagnosis can be a daunting experience. This program helps members take this step with added confidence and current marketing tools. In a process that includes taking inventory of past experiences, participating in group exercises, and matching key strengths with desirable positions, members create a current and compelling summary of their skills. Further guidance in networking and contemporary interview formats builds self-assurance and professional preparedness. As members create a package that illuminates their best skills and attributes they are empowered to market themselves effectively and primed for success.

What to Expect at a Session

Members begin by reflecting on the transitions and learnings of previous work experiences and capturing these in a retrievable format. Each session builds on the previous one resulting in a resume template that is striking and can easily be tailored to a particular work opportunity. A review of common interview formats, best practices, and strategies for establishing 'personal presence' and answering difficult questions, rounds out employment readiness. Follow up is an option for those who desire further coaching.

Participant Comments

"I needed to build my confidence in myself, not just resumes."

"I found that the homework made me see this quality of experience I have to offer."

"Resumes and Interviews gave me ideas for how to deal with the gaps and unpleasant parts of my job history."

What the Research Says:

Returning to work (RTW) can be a positive experience as it signifies a return to health, normalcy, and the regaining of one's identity. However, RTW can be difficult as individuals may face ongoing physical, psychological, social, legal, and work-related challenges. In a 2011 review, researchers cited a study which estimates that cancer survivors are 1.5 times more likely to be unemployed than people without cancer. As such, it is recommended that individuals consult with healthcare professionals and cancer care professionals to better understand their rights regarding workplace accommodation, their readiness for work, and how to disclose one's cancer diagnosis to a current or future employer (Nitkin P, Parkinson M, Schultz IZ. 2011. Cancer and Work: A Canadian Perspective. Canadian Association of Psychosocial Oncology). (Canadian Partnership Against Cancer. Return to Work Concerns Faced by People Dealing with Cancer and Caregivers. Literature Review and Consultation. 2012. Cancer Journey Advisory Group).

Program Frequency:

2 hours per week
4 weeks per session
Winter, spring/summer, fall

Optimum class size: 10

Related Programs:

Returning to Work
Legal and Employment Matters
Take Charge: Build Your Personal Action Plan
Money Matters
Brain Fog
Living Well with Illness