

CAREER CLINIC



After 7 years in the same organisation I want to test the market with someone of my qualifications and competencies through a CV. Will they want to know about my interests and skills outside of work as well?

Your CV is your invitation to meet a prospective organisation / employer. It is your marketing tool where you are selling and they are buying. Once you get that all-important interview its job is done, but do know its contents completely before the interview. There are many theories as to how long a CV should be and what should be in it. Due to the space constraints in this column I can only deal with the latter and your interest and skills outside of work.

CVs that outline the person's skills and interests outside of there paid job in areas such as:

- Voluntary work
- Charities
- Fund-raising
- Children's interests (education / sport)
- Animal interests
- Environmental interests

are always of interest to employers. They obviously must have the relevant skills and attributes to do the job that they are applying for, but people who give their time in helping others in their development without financial gain are always considered. It can be the deciding factor in getting an interview or even a job offer.

Employers are putting huge focus now on the interpersonal skills of their staff i.e. customer focus / care, team-working, leaderships and how they relate with others in and outside of their work environment.

Include quality time for others, in your CV, join a voluntary organisation or club where you can help others and in the process develop yourself as well. You will meet new people who may even have a key to open a new opportunity for you in your job-hunting campaign.

Giver's do indeed Gain

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Do you know an outstanding young person?

BY JULIE TIERNEY

Have you noticed that it can often be the less than positive news stories about young people that make the headlines rather than the more upbeat, inspiring ones? Junior Chamber International Galway are now looking to redress this balance by seeking nominations for its annual Outstanding Young Person of the year award.

Do you know a young person between the ages of 18 and 40 who in your opinion has, for example inspired others through their achievements and/or leadership? Or benefited his/her community/nation or the world by his/her achievement(s)?

Candidates may be nominated in any one of 10 categories, which include cultural achievement, political, legal and/or governmental affairs, and

humanitarian and/or voluntary leadership, among others.

"We are delighted to be able to run the TOYP awards and to highlight the major achievement of the winners. I would like to encourage Galwegians to come forward with information on potential candidates so that their accomplishments can be acknowledged and recognised," commented Máirín O'Reilly, president

JCI Galway.

This year, the 23rd year of the awards, JCI Galway will nominate and recognise the Outstanding Young Persons of the Year in June in an awards ceremony to be held in City Hall.

The nominees may then be selected by JCI Ireland to go forward to the

national awards to be held in Dublin in the autumn. All three Galway nominees — Noel Cawley, Sinéad O'Donnell and Peter Doherty — were selected in 2004. Ultimately, the 2005 nominees may go on to the world finals, to be held this year in Vienna at the end of October.

For more information contact Celine O'Donovan on (087) 6920033 before 6pm Anita Sayers on (086)1687271 after 6pm, or e-mail cod@o2.ie. View www.juniorchambergalway.com for more information. Nominations should be received no later than 4pm on Friday April 15.



Pictured at the TOYP awards 2004 at City Hall were Bernie Moran; Sally O'Brien of Island Ferries; Noel Cawley (award winner); Alan Maher, president JCI 2004; Peter Doherty, (award winner); Sinéad O'Donnell, (award winner); Eugene Garvin, president JCI Ireland 2004; and Cllr Terry O'Flaherty.

Pre-opening corporate evening at Days Hotel



Pictured at the Days Hotel Galway pre-opening corporate evening at Days Hotel were: Patricia Dempsey, Galway Clinic; Laurie Clothier sales and marketing manager, Days Hotel; Sinead Flynn, Galway Clinic; and Phil Sweeney, Days Hotel Group.

Healthcare company seeking distributors

BY JULIE TIERNEY

Cornish company, Ecoflowplc, has been celebrating the continued success and growth of its company which produces a range of innovative healthcare products recently featured on *Nationwide* and in the *British Medical Journal*.

Due to its expanding business the company is looking for distributors in the Galway area to promote its products. It will require people for both full and part-time work. You will have the chance to be your own boss and work the hours that suit you. There will be excellent training and support given, as well as great travel opportunities. All of Ecoflow products are of an extremely high standard and all come with full guarantees.



Clodagh Hegarty, pictured with Eamon Hegarty, will give a presentation about the Ecoflow opportunity on Monday night.



**Supporting families with young children
Home-Start Athenry requires**

A Co-Ordinator

Home-Start is a voluntary organisation committed to promoting the welfare of families with at least one child under 5 years of age. Volunteers offer regular support; friendship and practical help to families, in their own homes, helping to prevent family crisis and breakdown. The management committee for Home-Start Athenry seeks to employ a co-ordinator who will be responsible for developing the scheme locally and for recruiting, training, supervising and supporting a team of Home-Start volunteers.

Experience of working with families or volunteers would be an advantage and the co-ordinator will need to liaise closely with statutory and voluntary organisations. Parenting experience essential.

Salary €36,000

37 hours a week, including some lunch time and evening work. Full clean driving licence and use of own car essential, for which expenses are paid.

For further details and an application form, please contact:

Elaine Quinn, Galway Rural Development Co Ltd, Old Church Street, Athenry

Tel: 091 844335 Closing date: 25/04/05

Home-Start Athenry is committed to equal opportunities

IMAGINE!!

Imagine - promoting first class health products

Imagine - fantastic travel opportunities

Imagine - a job where you are the boss

Imagine - you choose the hours you work

Imagine - excellent local training and support

Don't just imagine - make it happen.

Come to the Ecoflow launch in Menlo Park Hotel, Monday 11th April at 8.30pm

Call Clodagh Hegarty (01) 8462951

Pictured is Clodagh Hegarty who will give the presentation about the Ecoflow opportunity on Monday night. Hegarty has worked as a distributor with the company for the last five years. She is a qualified nurse, reflexologist, aromatherapist, and nutritional therapist and has lectured extensively throughout the country on this subject. With her vast knowledge of these products and how to promote them, it is an evening not to be missed. If you wish to attend this presentation on Monday evening (45 minutes) contact Clodagh Hegarty to pre-register at telephone (01) 8462951 or e-mail healthways@eircom.net, and receive your complimentary pack on arrival. The event takes place in the Menlo Park Hotel on Monday April 11 at 8.30pm.