

Spotlight –Meet Judy Frazier, Career Counseling Client



Just after turning 60, Judith Frazier lost her job as a research study administrator at a university, where she'd worked for 24 years.

Having learned about Career Moves at an event at a local library, Judy met with lead career counselor Martha Plotkin for an individual counseling session. "I found Martha very supportive," she recalls. "She acknowledged the painful feelings I was experiencing, something that I wasn't getting from my friends and family. She also helped me to realize that I wasn't the only one in this situation—that, in fact, many older workers have found themselves out of jobs after years of service." After her session with Martha, Judy joined a Career Moves Success Team—a group of five to seven people who meet weekly (with a facilitator) who support each other through career transitions, offer suggestions and networking contacts to each other, and commit to taking steps each week to meet their career change or job search goals. Meeting other people who were undergoing difficult career transitions helped Judy make peace with the loss of her job, and it taught her how looking for a job has changed since the last time she undertook the task. She learned, for example, about the world of online job boards, and about the critical importance of networking. [more...](#)

Being on the team helped her adjust to the difficulties of her job search, she says. She learned from fellow members that it wasn't unusual, for instance, to submit an application to an employer and never hear back. Finally, she says, "the Success Team provided me with a regular, supportive place to go each week. Having five people to report to weekly about my job search made me feel accountable and forced me to take concrete steps."

In addition to working with the Success Team, Judy also met with Career Moves' senior job search coach George Zeller, who helped her streamline her resume and turn it into a more effective marketing document. After being out of work for seven months, Judy took a short-term job in the public health field. Soon afterward she interviewed, successfully, for another job, as a project director with a Harvard research study on the ageing brain, a job that provides her with the intellectual stimulation that she craves.

Reports Judy, "In retrospect, I got my current job with relative ease, which was one of the most positive outcomes of my work with Career Moves. I've recommended Career Moves services to several friends and colleagues, and will certainly continue to do so."