

# CAREER COACH DC

## THE CONNECTION

CCDC Career Coach Connection Monthly Email Newsletter - March 2023



## CCDC

Career Coach DC (CCDC) is a mayoral initiative, led by the District of Columbia Workforce Investment Council (DCWIC), that provides career-coaching services to empower DC residents in achieving employment and educational success.

## COMMUNITY OF PRACTICE

The CCDC Community of Practice offers a calendar of workforce-related events and a robust library of resources for workforce-development practitioners. We provide support through three main components:

- Career Coach Connection
- The Connection E-Newsletter
- Career Coach Boot Camp

We want to engage and learn from others who are currently offering job-coaching and workforce-development services.



## THE CONNECTION

*The Connection* is the CCDC monthly e-newsletter that informs professionals and anyone looking to stay current of all things happening with CCDC. *The Connection* gives subscribers direct access to workforce-development hot topics, information, and workforce events. If you or your agency provides services that support individuals to identify career-readiness and/or career-placement services, we invite you to join our network.





# CCDC BOOTCAMP

The role of Career Coaches is increasingly important as technology transforms the economy, upends sectors, and reshapes jobs. When people are changing not just jobs, but often changing sectors, they need a Coach equipped with a modern coaching practice.

CCDC offers Boot Camps for Workforce Practitioners in DC to learn both Human-Centered and Skills-Based Coaching.

**MARK YOUR CALENDAR!**

**MARCH 28 - 29, 2023**

# CCDC SPOTLIGHT

Kevin Bell, Career Coach DC Team Lead  
Hometown: Washington, DC

What do you enjoy about working with CCDC?

As a native Washingtonian, I enjoy the opportunity to give back to my community and know that I am contributing to the improvement of the lives of the residents in DC. I really do enjoy the work that I do, especially when I see our people succeed.



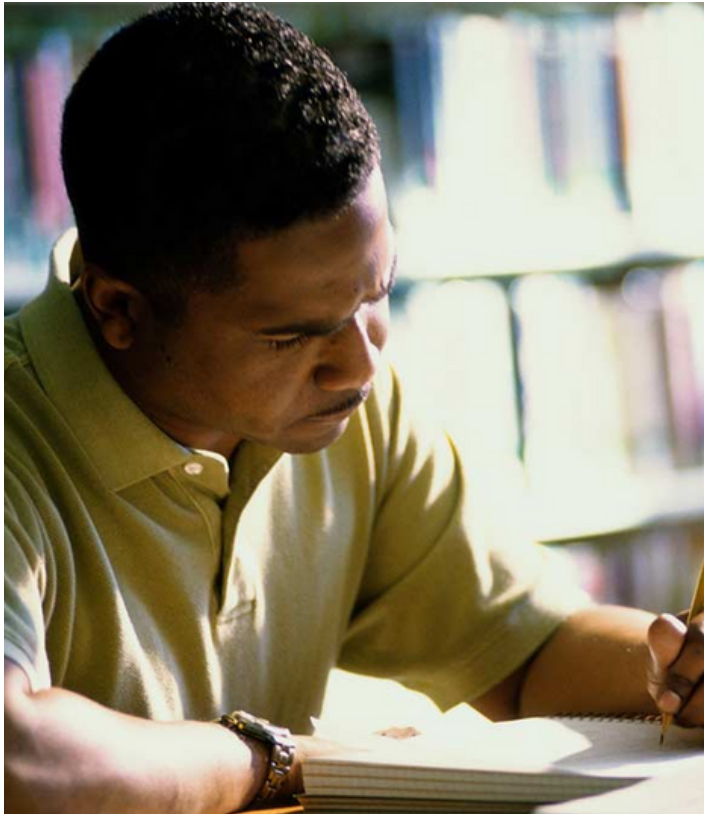
7th APRIL  
WORLD HEALTH DAY



# UPCOMING EVENTS

**World Health Day!**

World Health Day, an important occasion that is observed on April 7th, will definitely create a major impact this year due to the emergence of pandemics, from which the entire world has suffered huge setbacks. It is our duty to maintain observance and make the most of a healthy lifestyle, focusing on physical and mental well-being, both of which are essential for a totally healthy way of living.



# QUIET QUITTING

What is "Quiet Quitting" and How Should Leaders Respond?

The latest "buzz" phrase coming out of social media is the concept of "quiet quitting", whereby burned-out or unsatisfied employees put forth the least amount of effort possible to keep their paychecks. The rationale for this workplace approach is that work is not the most important thing in people's lives, that they shouldn't put in any extra time without compensation, and that they should have freedom to pursue other endeavors outside of their employment.

## THINK TANK

TECHNOLOGY, COVID, AND CULTURAL CHANGES MAKE QUIET QUITTING IN 2023 DIFFERENT THAN IN THE PAST.



Neil Hare, Writer at *Forbes Magazine*, provides the following tips for improving employee happiness and protecting your workplace culture:

- 1. No Sunday emails:** This may elicit anxiety, stress, and resentment.
- 2. No weekend work:** Unless the matter is urgent or a part of their regular work schedule.
- 3. Cut down on the number of meetings and their length:** Meetings should be work sessions or about strategy—not status checks. Start with the premise that meetings should be limited to 30 minutes.
- 4. Do you really need Slack (or other collaboration tools)?** No explanation needed.
- 5. Limit workplace "fun activities."** Sure, the yoga class and happy hour seem like a good idea, but many workers want to do yoga and have happy hour on their own time and with their own friends. Maybe just give them back an hour of their time.
- 6. Set goals based on achieving milestones and quality of work.** The fact is that with remote working you can't know if your employee is working a full week, but does it matter?
- 7. Give praise—it's free.** Many people want to know they are appreciated, valued, and respected. The current job market means you can't tell an employee to "lump it or leave it", so make sure they know you value them and their work. It just takes effort.

# CCDC LOCATIONS

CCDC services are offered virtually and in-person throughout the city and can be found at the following sites:

Hours: 10am - 4pm

**Anacostia Library** (Wed & Fri) 1800 Good Hope Road SE  
**Edgewood Commons** (Wed & Thurs) 611 Edgewood Street NE  
**Arbor View** (Mon & Thurs) 220 Southern Avenue SE  
**Martin Luther King Library** (Wed & Fri) 901 G Street NW  
**Benning Library** (Wed & Fri) 3935 Benning Road SE  
**Meadowbrook Run** (Tues & Thurs) 3647 6th Street SE  
**Capital View Library** (Wed & Fri) 5001 Central Avenue SE  
**Fort Stevens** (Tues & Thurs) 1339 Fort Stevens Drive NW  
**Wardman Court** (Mon & Fri) 1312 Clifton Street NW  
**1330 Apartments** (Tues & Thurs) 1330 7th Street NW

If you would like to have CCDC representatives at your location, please email Fran Gedepoh, CCDC Career Coach Manager at [Fran.Gedepoh@dc.gov](mailto:Fran.Gedepoh@dc.gov).



## DID YOU KNOW?

Social Work Month in March is a time to celebrate the great profession of social work. The theme for Social Work Month 2023 is "Social Work Breaks Barriers". So, in March, we take time to learn more about the many positive contributions of the profession and use the items in our toolkit to celebrate all the social workers you know.

THANK YOU...for all you do, today, this month, this year, and every day and every month of every year.



## ADDITIONAL WORKFORCE SERVICES

DCWIC is a private-sector led board responsible for advising the Mayor, City Council, and District government on the development, implementation, and continuous improvement of an integrated and effective workforce-investment system. The DCWIC coordinates additional workforce resources in collaboration with the American Job Centers and the DC One-Stop Operator that collaborates with community-based organizations to effectively integrate a one-stop, no-wrong-door system for jobseekers.

If you are working with jobseekers and would like to learn more about the American Job Centers please start [HERE](https://does.dc.gov/service/american-job-center) (<https://does.dc.gov/service/american-job-center>)