

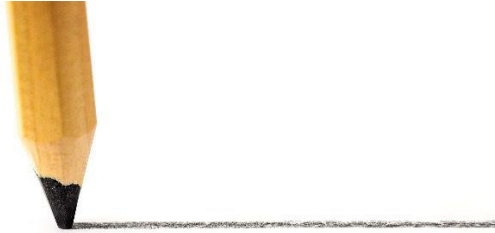
JOURNEY TO RECRUITING DUTY

Marine Corps Recruiting Command

EASTERN RECRUITING REGION ❖ WESTERN RECRUITING REGION



TODAY'S JOURNEY



Why recruiting is important and life as a recruiter.



The steps to prepare for recruiting duty.



The most frequently needed resources.



Ways to keep you and your family in the fight.



Transitioning out of recruiting duty.

FOR MORE INFORMATION

ERR MCFTB

(843) 228-1021

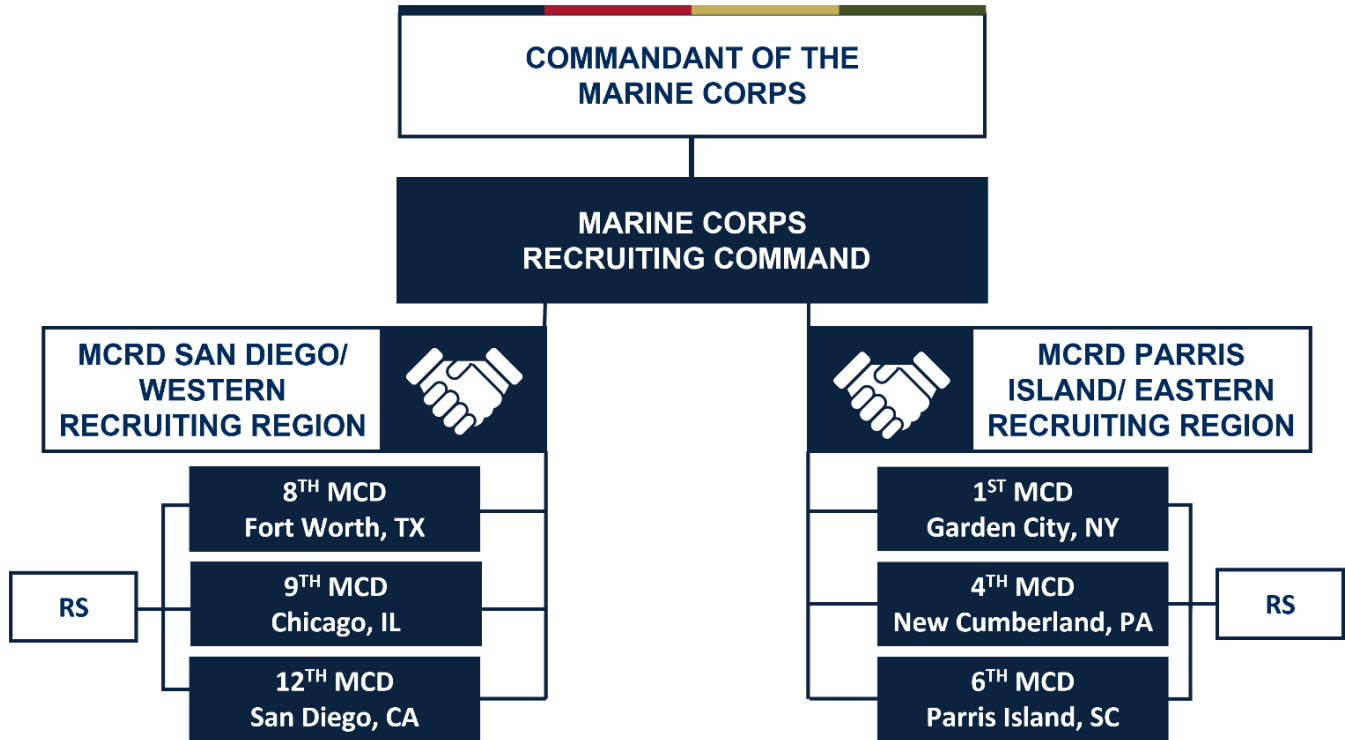
sc.err.mcftb@usmc-mccs.org

WRR MCFTB

(619) 204-7092

mcrdsdmcftb@usmc.mil

THE MISSION: RECRUITING



Top Career Recruiter Tips

GOOD TO GO CHECKLIST



Before you transition to recruiting duty:



What resources should you connect with?



Who should you speak with?



How can you make the transition easier?

PREPERATION RESOURCES

While these resources are critical prior to Recruiting Duty they will be there to support you while you're in your new home!



DEERS & ID Center- Update information and renew IDs.



TRICARE- Identify different plans and select what's best for you.



Dental- Is your family fully enrolled in United Concordia Dental?



PREPERATION RESOURCES



Exceptional Family Member Program- If applicable, connect with EFMP as soon as possible to ensure proper support in your new location.

WRR



ERR



Family Member Employment Assistance Program- Reach out to FMEAP to prepare for future job opportunities in your new location.

WRR



ERR



PREPERATION RESOURCES



Unit, Personal & Family Readiness Program- This critical line of communication to your new command.

1st District



4th District



6th District



8th District



9th District



12th District



What questions do you have for your UPFRP Team?

PREPERATION RESOURCES



Personal Financial Management Program- Set up a meeting to discuss building a budget for recruiting duty.



Topics to discuss with PFM/CFS:

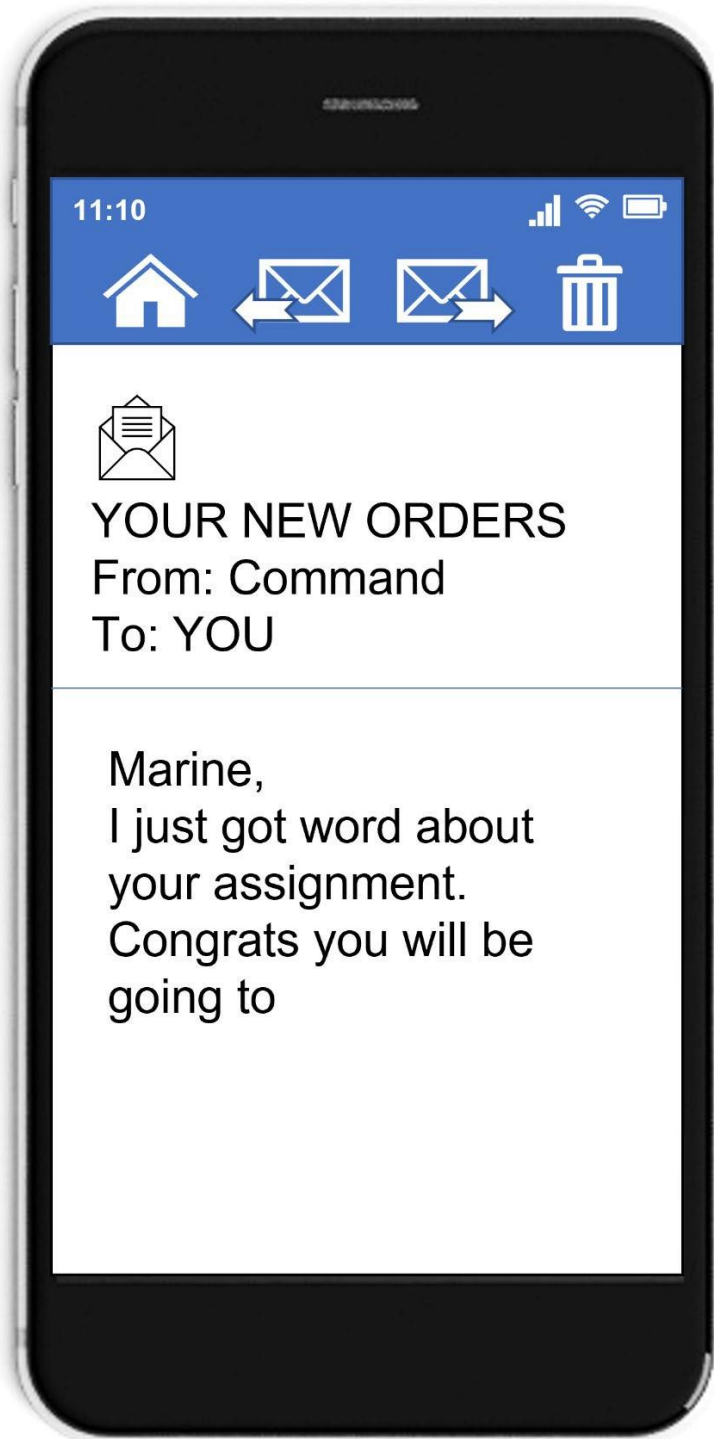
SDA Pay- what does it cover?

PCS Expenses

Current Budget vs New Budget:

1. Change of household income
2. Spouse employment
3. Housing options on recruiting
4. Childcare (cost on-base vs. off base)
 5. Housing Expenses
 6. Uniform expenses
 7. Off-base Haircuts
 8. Eating on the go
9. Living in expensive communities
10. Need to purchase seasonal items

YOU'VE GOT ORDERS



What are three to four things you can do right now to prepare for this PCS?

1.

2.

3.

RELOCATION PREPARATION

What do you search for?



Information, Relocation, and Referral- Sign up for PCS Workshops.



Sponsorship Program- Complete a sponsorship request form to learn the most about the location with detailed information.



RELOCATION PREPARATION



Military OneSource-There are several pages on MilitaryOneSource that can help you prepare.

Preparing to Move



Personal Property Move



PCS & Military Moves



What moving tips can help you have a smooth transition?

WHAT'S THE DIFFERENCE



How will resources be different during Recruiting Duty?

On Installation

On Recruiting Duty

FEDERAL RESOURCES

While these resources are critical prior to Recruiting Duty they will be there to support you while you're in your new home!



Military OneSource- A wide range of topics, resources, and courses.



MilitaryINSTALLATIONS- Details available by state.



MySECO- Career and Education support for spouses.



Vet Centers- Counseling support for active duty, families, and veterans.



RECRUITER RESOURCES

These resources are there to support you wherever you go!



MCCS Resources- These resources can support Marines and their families.

MCFTB
WRR



MCFTB
ERR



Library



Voluntary
Education



School
Liaison
Officer



Childcare- reach out and find the childcare support that works for your family.

Child Care
Aware



Military
Child Care



RECRUITER RESOURCES



Semper Fit- Gain information on nutrition, fitness, and critical health topics.



Travel- Take time to unwind and relax.



ADDITIONAL RESOURCES

Navy-Marine Corps Relief Society

Navy-Marine Corps Relief Society provides several programs and services to assist active duty and retired Sailors, Marines and their families in financial need.



The Red Cross

The Red Cross helps members of the military, veterans and their families prepare for, cope with, and respond to, the challenges of military service.



The Armed Services YMCA (ASYMCA)

The ASYMCA provides free or low-cost programs and services for military children, spouses, and the family unit.



A THRIVING COMMUNITY

When moving into a new town who can help you thrive?



Family Readiness Program (District, RS, & RSS)



Chamber of Commerce (Web/Social Media)



Community Calendars



Free Local Newspapers



Local Library



State Tourism Website



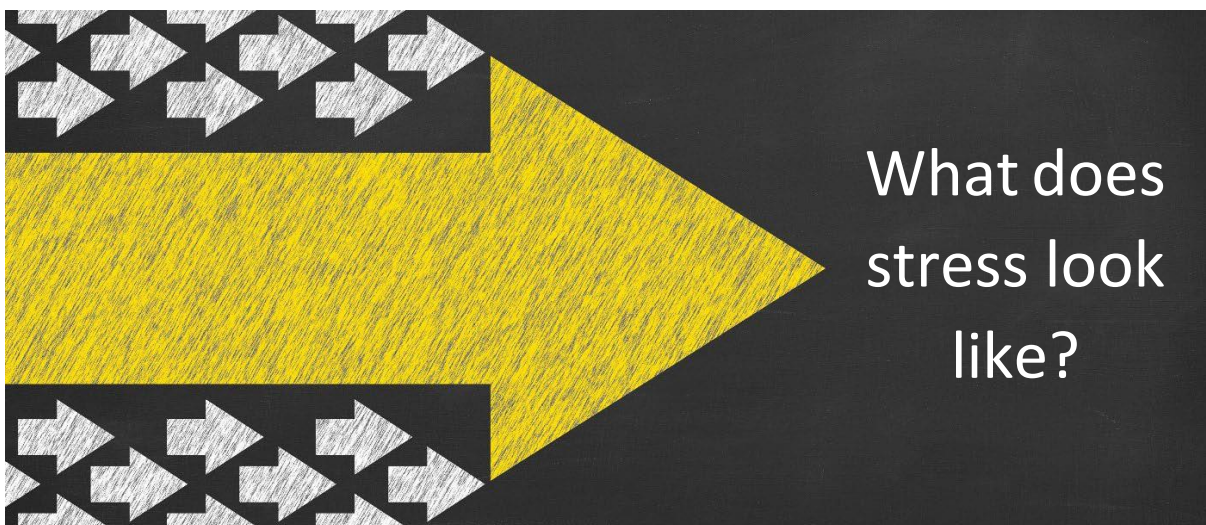
Parks and Recreation Department



Local Colleges and Universities

WHAT ELSE CAN YOU THINK OF?

STRESS TO STRENGTHENED



What causes you stress and what do you think will be stressful on recruiting duty?

What does it look like when you are experiencing stress?

What causes your loved one's (spouse or anyone you care about) stress and what do you think will be stressful for them while you're on recruiting duty?

What does it look like when your loved ones are experiencing stress?

REACHING OUT

Marine Corps Interactive Suicide Prevention and Mental Fitness Resource



Suicide and Crisis Hotline- **988**

Military members or veterans select 1 or text 838255

Website



Chat Online



Military OneSource Confidential Assistance- **1-800-342-9647**

Chat Online



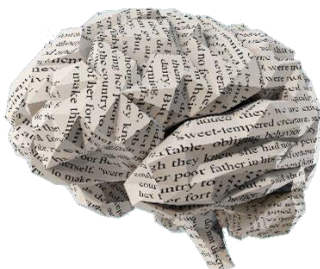
National Domestic Violence Hotline- **800-799-SAFE (7233)**

Chat Online



Or Text "Start" to 88788

REACHING OUT



MCCS Community Counseling Program



MCCS Substance Abuse Program



MCCS Family Advocacy Program



WHAT IS SELF CARE?



PAUSE



VISUALIZE



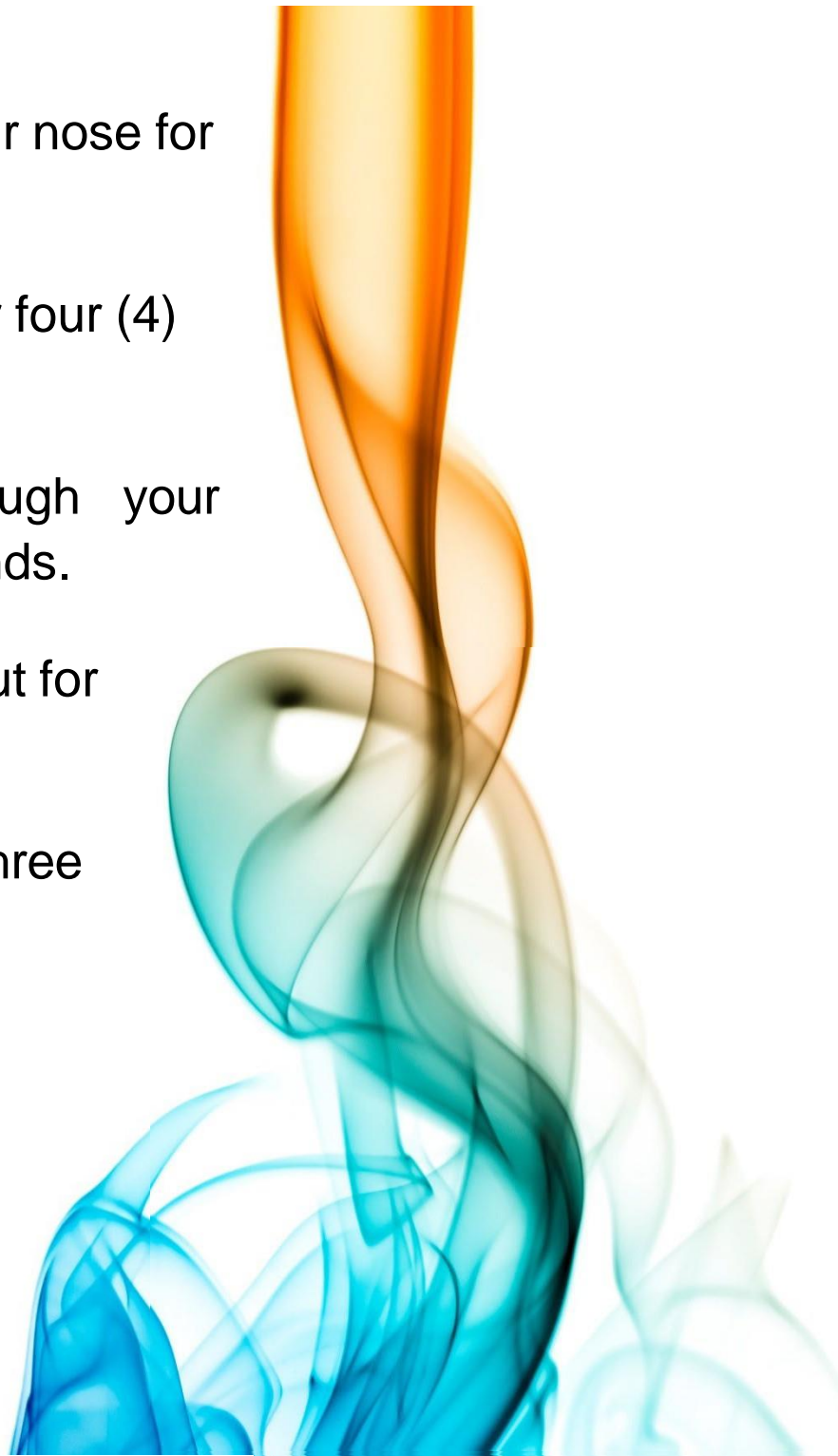
BREATHE



RELAX

TACTICAL BREATHING

- 1.** Inhale through your nose for four (4) seconds.
- 2.** Hold the breath for four (4) seconds.
- 3.** Slowly exhale through your nose for four (4) seconds.
- 4.** Hold that breath out for four (4) seconds.
- 5.** Now let's do that three (3) more times.
- 6.** Repeat as needed.



SELF CARE SQUARE

What activities can you do with limited time?

<p>What can you do in 5 minutes?</p>	<p>What can you do in 15 minutes?</p>
<p>What can you do in 30 minutes?</p>	<p>What can you do in 1 hour?</p>

RESILIENT RELATIONSHIPS

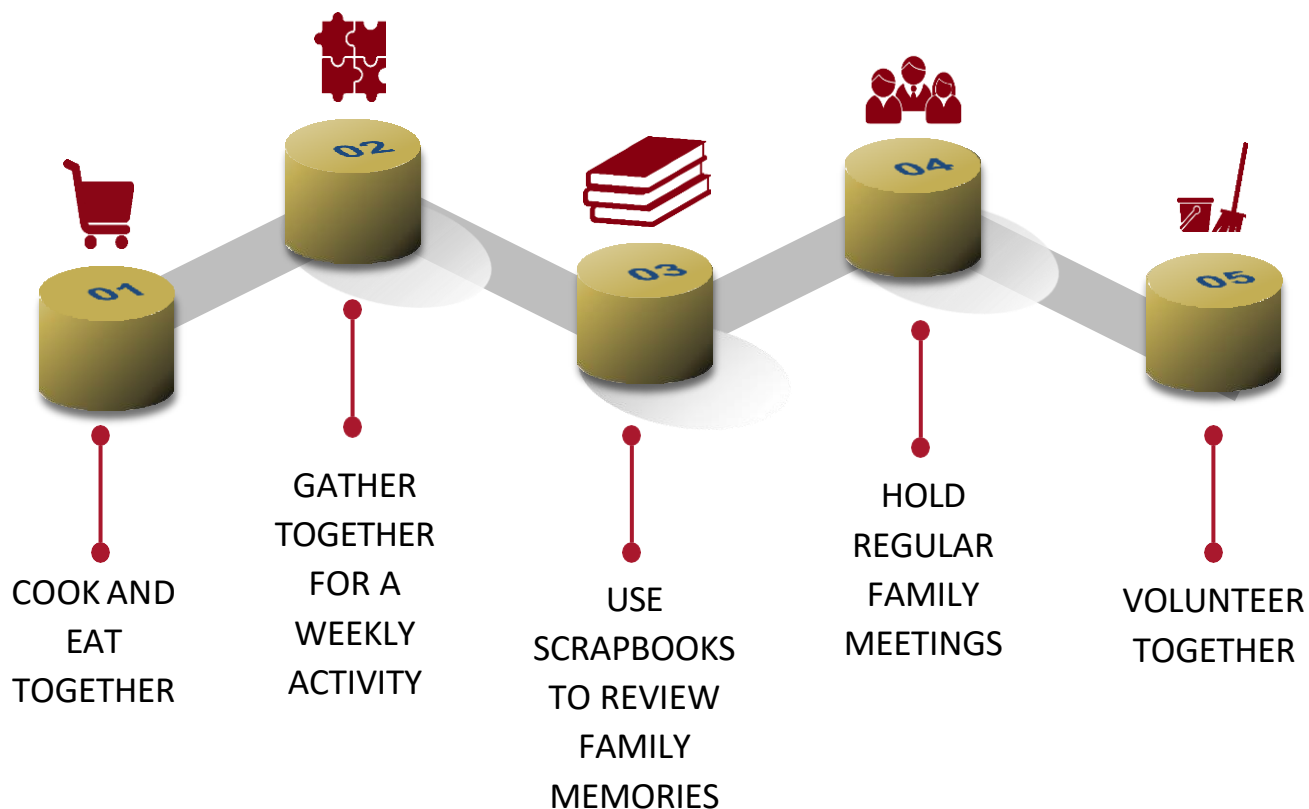
Key Relationship Factors

Quality Time

Boundaries

Communication

Expectations



WAYS TO SUPPORT



- Be understanding
- Healthy communication
- Develop personal interests
- Help with meal prep
- Attend functions and events
- Carry business cards
- Create things to decorate recruiting info tables
- Keep on the lookout for potential recruits

Any other ideas?

YOUR SUPPORT NETWORK



List your go to people when you need support

Who have you meet today to grow your network?

DISCUSSION PANEL



QUESTIONS OR COMMENTS FOR THE DISCUSSION PANEL

EXPLORE YOUR REGIONS MCCS

Eastern Recruiting Region MCCS



Western Recruiting Region MCCS



Explore our virtual resource!

Visit WWW.MARINET.MIL

Sign up with your email or CAC

Search for **MCRCJTRD01** or *Journey to Recruiting Duty*

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