

Need a **FREE** Personal Career Planner?

We can help you ON-Line or IN-Person!

NH Employment Security (NHES) can help you with career development and planning. We have 12 offices throughout the state, which feature Resource Centers to meet all your job searching needs. The Resource Centers have a wide variety of free services that include computers and Internet access to search job listings and employment-related sites. The Centers promote self-directed work search activities that utilize résumé formats, cover letters and software for career exploration. Most of our offices offer free Job Search Workshops at least once a month and many also offer workshops on Interviewing Skills, Résumé Writing, and related topics. The Centers also have a resource library available, with access to newspapers, fax machine, copy machine and telephones for local calls. All of the offices are Americans with Disabilities Act compliant and provide TTY phone access, assistive listening devices, Braille embossers, visual aids, and other various software and equipment. Please let staff know if you require any special accommodations.

Can't visit us in person? Our web site is a virtual Resource Center! Visit us at <www.nhes.nh.gov>. You'll find an online Job Match System where you can take a tour of current job openings across the State, enter your résumé for employers to view, and apply for job openings via the Internet. Our site includes links to over 150 job-related sites, including publications, social service providers, resources for veterans, and much more.



Career planning involves assessment of aptitudes, interests, skills, and research of jobs projected for the future. Our employment counselors can help you with your career planning. We provide job search workshops, employment counseling, interest inventories, aptitude and skills testing, and other career exploration tools to help you plan your future. If you would like to take an interest inventory or aptitude test, call the nearest NHES office for an appointment.

In addition to the Resource Centers, NH Employment Security's Economic and Labor Market Information Bureau is a great source for information on jobs, businesses, and the world of work. New Hampshire-specific information on occupations, wages, industries, occupational licensing, projected employment levels, population, benefits, community profiles, and the economy are available on the Bureau's web site at <www.nhes.nh.gov/elmi>.

For the data savvy job seeker, our economic and labor market information data system, NHNetwork, offers data on wages and income, job outlooks, commuting, training and education, licensing, community profiles, industry employment and outlooks, programs offered by New Hampshire postsecondary schools, and employer information including address, telephone number, and industry.

So, while helping people who are out of work is a very important part of what we do, it's not the only thing we do. Check us out on the web or stop by a local office today!

New Hampshire Employment Security Offices

Berlin

151 Pleasant Street
Berlin, NH 03570-2085
Phone: (603) 752-5500
Fax: (603) 752-5536

Claremont

404 Washington Street
PO Box 180
Claremont, NH 03743-0180
Phone: (603) 543-3111
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Concord

45 South Fruit Street
Concord, NH 03301
Phone: (603) 228-4100
Fax: (603) 229-4353

Conway

518 White Mountain Highway
Conway, NH 03818-4205
Phone: (603) 447-5924
Fax: (603) 447-5985

Keene

149 Emerald Street, Suite Y
Keene, NH 03431-3926
Phone: (603) 352-1904
Fax: (603) 352-1906

Laconia

426 Union Avenue
Laconia, NH 03246-2894
Phone: (603) 524-3960
Fax: (603) 524-3963

Littleton

646 Union Street, Suite 100
Littleton, NH 03561-5314
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Manchester

300 Hanover Street
Manchester, NH 03104-4957
Phone: (603) 627-7841
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6 Townsend West
Nashua, NH 03063-1217
Phone: (603) 882-5177
Fax: (603) 880-5256

Portsmouth

2000 Lafayette Road
Portsmouth, NH 03801-5673
Phone: (603) 436-3702
Fax: (603) 436-3754

Salem

29 South Broadway
Salem, NH 03079-3026
Phone: (603) 893-9185
Fax: (603) 893-9212

Somersworth

6 Marsh Brook Drive
Somersworth, NH 03878-1595
Phone: (603) 742-3600
Fax: (603) 749-7515

NH Employment Security is a proud member of America's Workforce Network and NH WORKS.

NHES is an Equal Opportunity Employer and complies with the Americans With Disabilities Act. Auxiliary aids and services are available upon request of individuals with disabilities.

TDD ACCESS: Relay NH 1-800-735-2964

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Phone: (603) 224-3311 Fax: (603) 228-4145
Web: www.nhes.nh.gov

Job vs. Career vs. Occupation

What is the difference between a job, an occupation, and a career?

Often the terms job, occupation, and career are used interchangeably. In fact, they have very different meanings.

A job is work for which you receive pay. Example: nurse at the hospital.

An occupation is a wide category of jobs with similar characteristics. Example: firefighter, teacher, electrician, or lawyer.

A career is lifetime journey of building and making good use of your skills, knowledge, and experiences. It is the total of all events and relationships in our lives: family, friends, education, work, and leisure activities.