The Career Jigsaw Podcast

The podcast that helps put the career puzzle pieces together

EP #	TITLE	DESCRIPTION	LISTEN ON
Season One Trailer		One minute trailer kicking off podcast and first season	Apple Podcasts Spotify Amazon Music YouTube
S1 E1	"I Love Writing My Resume. Said No One Ever."	Practical advice on crafting effective résumés to help candidates stand out in the job market. Key takeaways include: 1. **Tailor Your Résumé**: Customize your résumé for each job application, emphasizing relevant skills and experiences that align with the specific role. 2. **Highlight Achievements**: Focus on quantifiable accomplishments rather than just listing duties, demonstrating the impact you've made in previous positions. 3. **Keep It Concise**: Aim for a clear and concise format, typically one page for early-career professionals, ensuring easy readability for recruiters.	Apple Podcasts Spotify Amazon Music YouTube
S1 E2	"So Tell Me About Yourself" (Interviews Part 1)	Guidance on effectively navigating job interviews, focusing on the common prompt to discuss oneself. Key takeaways include: 1. **Craft a Concise Personal Narrative**: Develop a brief, compelling story that highlights your professional background, key achievements, and how they align with the prospective role. 2. **Align Your Experience with the Job**: Emphasize aspects of your experience that directly relate to the position, demonstrating your suitability and understanding of the role's requirements. 3. **Practice Delivery**: Rehearse your response to ensure clarity and confidence, maintaining a natural tone to engage the interviewer effectively.	Apple Podcasts Spotify Amazon Music YouTube
S1 E3	"Not A One Size Fits All" (Interviews Part 2)	Discusses interview techniques for hiring managers, emphasizing the importance of tailoring interview approaches to each candidate. Key takeaways include: 1. **Customize Interview Questions**: Develop questions that align with the specific role and the candidate's background to gain deeper insights into their suitability. 2. **Assess Cultural Fit**: Evaluate how well a candidate's values and work style align with the company's culture to ensure long-term compatibility. 3. **Avoid One-Size-Fits-All Approaches**: Recognize that standardized interview methods may not effectively assess all candidates; adapt techniques to individual situations for more accurate evaluations.	Apple Podcasts Spotify Amazon Music YouTube
S1 E4	"Responsibility Is In The Mirror" (Your Development Plan)	Emphasizes the importance of taking personal responsibility for one's career development. Key takeaways include: 1. **Ownership of Growth**: Individuals should proactively create and follow a personalized development plan, rather than relying solely on employers for career progression. 2. **Self-Assessment**: Regularly evaluate your skills and identify areas for improvement to stay competitive in your field. 3.**Continuous Learning**: Engage in ongoing education and skill acquisition to adapt to changing industry demands and achieve long-term career success.	Apple Podcasts Spotify Amazon Music YouTube
S1 E5	"Take Your DeLorean Back In Time" (Advice To My 25-Year-Old Self)	*E*xplores career advice leaders would offer their 25-year-old selves. Key takeaways include: 1. **Seek Mentorship:** Prioritize finding mentors early to guide your career path. 2. **Embrace Risk:** Take calculated risks to open new opportunities and experiences. 3. **Long-Term Focus:** Build skills and relationships that will benefit you in the long run, not just immediate gains.	Apple Podcasts Spotify Amazon Music YouTube
S1 E6	"Managing Your Manager" (Guest Interview w/Kevin Dolan	Discusses building productive employee-manager relationships through proactive communication, understanding managerial expectations, and aligning work styles. The episode highlights the importance of mutual respect, trust, and adaptability in fostering collaboration and achieving shared goals. Key takeaways include: 1. **Regularly communicate** with your manager to clarify expectations and seek feedback. 2. **Adapt** to your manager's working style to enhance collaboration. 3. **Build trust** through quality work, meeting deadlines, and accepting constructive criticism.	Apple Podcasts Spotify Amazon Music YouTube
S1 E7	"Your Career Is A Playground" (Guest Interview w/Anna Colton)	Interview with Anna Colton, discussing topics such as changing roles within a company, advice to women in the workforce, and keys to a hiring decision. Key takeaways include: 1. **Embrace Internal Mobility:** Actively seek opportunities to change roles within your organization to diversify skills and experiences. 2. **Support for Women:** Encourage and implement initiatives that empower women in the workplace, fostering an inclusive environment. 3. **Hiring Insights:** Understand the critical factors that influence hiring decisions to better prepare for career advancement. These insights can guide professionals in navigating their career paths effectively.	Apple Podcasts Spotify Amazon Music YouTube
S1 E8	"Don't Be The Jerk"	Recap of Season 1, previews Season 2, and introduces new career tools. Key takeaways include: 1. Reviewing previous episodes can reinforce key career insights. 2. Season 2 promises fresh topics to further professional development. 3. Understand your role on a team and the impact you may be having.	Apple Podcasts Spotify Amazon Music YouTube

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Puzzle Pieces #1	News You Can Use	Seek constructive feedback from your boss TODAY.	Apple Podcasts Spotify Amazon Music YouTube
Puzzle Pieces #2	Make My Day	Building a personal brand through recognizing others. This is also about paying it forward and making the workplace a better place.	Apple Podcasts Spotify Amazon Music YouTube
Puzzle Pieces #3	Old Dog, New Tricks	Learn one new thing today	Apple Podcasts Spotify Amazon Music YouTube
Puzzle Pieces #4	Mondays Suck	Advice on how to make Monday (and Sunday night) easier	Apple Podcasts Spotify Amazon Music YouTube
Puzzle Pieces #5	Catch A Movie	Advice to maintain/adjust work/life balance	Apple Podcasts Spotify Amazon Music YouTube
Puzzle Pieces #6	Don't Get Stuck	Advice on reflecting regularly: Take time to reflect on your career progress, reassess your goals, and adjust your plans as needed.	Apple Podcasts Spotify Amazon Music YouTube
Puzzle Pieces #7	Time Is Not On Your Side	5 Tips to help better prioritize how you use your time	Apple Podcasts Spotify Amazon Music YouTube
Puzzle Pieces #8	Stop Emailing Me In All Caps: Conflict Resolution 101	Quick advice on resolving workplace conflicts	Apple Podcasts Spotify Amazon Music YouTube
Puzzle Pieces #9	Mic Drop Moments- Crush Your Next Interview: Puzzle Pieces #9	Announcing our new Interview Prep tool on our website at www.thecareerjigsaw.com	Apple Podcasts Spotify Amazon Music YouTube
Puzzle Pieces #10	URGENT: Read This Email Or You're Fired!	Quick two minute advice segment on how to write more effective emails	Apple Podcasts Spotify Amazon Music YouTube
Puzzle Pieces #11	Habit Forming or Procrastination?	Two minute advice segment or creating a new habit in 21 days	Apple Podcasts Spotify Amazon Music YouTube

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EP #	TITLE	DESCRIPTION	LISTEN ON
Season Two Trailer		One minute trailer kicking off season 2 of the podcast	Apple Podcasts Spotify Amazon Music YouTube
S2 E1	Industry Spotlight: Publishing	Q&A session with a guest from the publishing field, discussing career insights and industry trends. Key takeaways include: 1. **Industry Insights:** Gain a deeper understanding of the publishing sector's dynamics and career opportunities. 2. **Career Pathways:** Learn about various roles within publishing and the skills required for success. 3. **Professional Advice:** Receive guidance on navigating the publishing industry and advancing your career. This episode offers valuable perspectives for those interested in or currently working in the publishing industry.	Apple Podcasts Spotify Amazon Music YouTube
S2 E2	Industry Spotlight: Information Technology	Q&A session with a guest from the IT field, discussing career insights and industry trends. Key takeaways include: 1. **Diverse Career Paths:** The IT industry offers various roles, including software development, cybersecurity, and data analysis. 2. **Essential Skills:** Technical proficiency, problem-solving abilities, and effective communication are crucial for success in IT. 3. **Continuous Learning:** Staying updated with emerging technologies and industry developments is vital for career advancement in IT. This episode provides valuable insights for those interested in pursuing or advancing a career in the IT sector.	Apple Podcasts Spotify Amazon Music YouTube
S2 E3	"You're A Rock Star": The Jargon Episode	Lighthearted episode poking fun at corporate buzz phrases along with some advice on mastering your approach. Key takeaways include: 1. Mastering jargon can boost your professional credibility. 2. Understand when to use and when to avoid jargon. 3. Effective communication can help you stand out and thrive in your industry.	Apple Podcasts Spotify Amazon Music YouTube
S2 E4	"Changing Careers: From Books To Banking"	Q&A session with Jeff Barker, discussing career transitions, specifically moving from the book/retail industry to the banking sector. Jeff shares his personal journey, offering insights on how transferable skills, adaptability, and networking can help with a successful career shift. Key takeaways include: 1. Transferable skills are key when switching industries. 2. Networking is crucial for learning about opportunities in a new field. 3. Adaptability and continuous learning are essential for making a successful career transition.	Apple Podcasts Spotify Amazon Music YouTube
S2 E5	"Three Wise Women: Their Experience, Their Advice (Part One)"	Two part Q&A session with panel of three experienced women discussing their career journeys, offering advice, and sharing lessons they've learned along the way. The focus is on the strategies they used to overcome challenges and advance in their fields, providing valuable insights for listeners looking to progress in their own careers.	Apple Podcasts Spotify Amazon Music YouTube
S2 E6	"Three Wise Women: Their Experience, Their Advice (Part Two)"		Apple Podcasts Spotify Amazon Music YouTube
S2 E7	Industry Spotlight: Teaching	Engages in an in-depth conversation with a New York City school teacher. She discusses her career journey, how she began in the field, and her perspectives on the future of education. Key takeaways include: 1. **Career Beginnings:** Insights into how educators start their teaching careers and the paths they take. 2. **Industry Evolution:** Understanding the changes and challenges in the education sector. 3. **Future Outlook:** Predictions and hopes for the direction of teaching and learning.	Apple Podcasts Spotify Amazon Music YouTube

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S2 E8	"The Emotional Advantage: Why EQ Outranks IQ"	Host Tony Volpicello explores the significance of Emotional Intelligence (EQ) in professional and personal success. He discusses how EQ influences workplace dynamics, leadership effectiveness, and interpersonal relationships. The episode also offers practical strategies for enhancing one's EQ to improve career prospects and overall well-being. Key takeaways include: 1. **EQ's Impact:** Emotional Intelligence plays a crucial role in workplace success, often surpassing traditional IQ. 2. **Leadership and Relationships:** High EQ contributes to effective leadership and fosters strong interpersonal relationships. 3. **Improvement Strategies:** Practical steps can be taken to enhance EQ, leading to better career outcomes and personal growth.	Apple Podcasts Spotify Amazon Music YouTube
S2 E9	"Wrapping 2024, Unwrapping 2025"	Recap of the first year of the podcast and our plans for 2025. In this episode, we discuss: • Many of the advice highlights from our first year • What the plans are for Season 3 • How else we are trying to make a difference and where we need your support	Apple Podcasts Spotify Amazon Music YouTube

EP #	TITLE	DESCRIPTION	LISTEN ON
Season 3 Trailer		One minute trailer kicking off season 3 of the podcast	Apple Podcasts Spotify Amazon Music YouTube
S3 E1	**“First Impressions: Interview With A Recruiter”**	One on one interview with a recruiter, discussing resumes, the interview process, pet peeves, and more….	Apple Podcasts Spotify Amazon Music YouTube
S3 E2	**"Balance and Boundaries: A Career Conversation with a Mental Health Therapist”**	Interview with a mental health therapist, exploring the realities of working in the mental health field-challenges, rewards, and essential career advice	Apple Podcasts Spotify Amazon Music YouTube
S3 E3 S3 E4	**“Putting The Human In HR: An Interview With HR Exec Chanel Leitch” Part 1 & 2**	Interview with Chanel Leitch, HR Executive Global Head Of People & Organization, Novartis Operations	Apple Podcasts Spotify Amazon Music YouTube
S3 E5 S3 E6	**“From Passion To Podcasting: Celisia Stanton’s True(r) Crime Journey Part 1 & 2**	In depth interview with Truer Crime Podcast host Celisia Stanton	Apple Podcasts Spotify Amazon Music YouTube
S3 E7	**“Mom, Manager, Minority: Navigating It All”**	Interview with Luna, a Dominican mom and banking leader, who shares her journey, lessons in leadership, and advice on balancing career, culture, and motherhood. An inspiring story of resilience and rising through the ranks.	Apple Podcasts Spotify Amazon Music YouTube
S3 E8	**“Cooking Up Success: How One Restaurant Manager Became His Own Boss”**	Interview with former restaurant manager and new small business owner Kris Schutz. Kris talks about his career path decisions, work/life balance, and doing what you love to do. Check out his new business at https://spiritshopannapolis.com/	Apple Podcasts Spotify Amazon Music YouTube
S3 E9	**“Imposter Syndrome: Your Uninvited Career Coach”**	We discuss that nagging feeling that you're not as competent as others think you are. We explore how to recognize it, how to manage it, and how to move forward with confidence.	Apple Podcasts Spotify Amazon Music YouTube
S3 E10	**“Unscripted: The Host Is The Guest”**	In this episode our guest host Alex “flips the script” and host Tony Volpicello is our guest interview today.	Apple Podcasts Spotify Amazon Music YouTube

S4 E1	**“Feedback: The Gift Nobody Asked For”**	We explore what it really means to receive feedback, and how to tell whether it is guidance, criticism or assessment. We share 10 practical tips for receiving feedback and evaluation approach to coachability.	Apple Podcasts Spotify Amazon Music YouTube
S4 E2	**“Lead, Coach, Manage: The Framework That Changes Everything”**	In this episode we explore leadership from both sides — what it takes to guide a team effectively, and what it means for employees navigating their own path. Leadership isn’t just about inspiration. It’s about being in the ***right lane at the right time*** — for yourself and the people you lead.	Apple Podcasts Spotify Amazon Music YouTube
Extras:	Refer A New Listener Link:	Refer A New Listener	Contact Info: Host: Tony Volpicello Email: thecareerjigsaw@gmail.com Text: 240JIGSAW2 Website: www.thecareerjigsaw.com
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