



New Year, new look, new job? Local woman gets makeover

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Cohasset —

In one week, a new year and a new decade will begin.

For some a new year means resolutions, a time to change and improve for the New Year.

Cohasset resident Carol Hedman is starting 2010 with a new look and fresh outlook, thanks to a makeover sponsored by local businesses.

Hedman is one of over 8 percent of Massachusetts workers who are currently without jobs.

Hedman, 63, picked up a magazine on her way out of the library, in it she saw an advertisement for a makeover contest for a women and men over 50 who had been laid off.

She was an ideal candidate. "I thought it might be a good thing to have an update, a little polish," Hedman said.

South Shore Skin Center of Plymouth and Cohasset sponsored the contest in collaboration with several other local businesses that offered their services.

She wrote a letter explaining why she was deserving of a makeover. She detailed how she has been working for a medical provider and held a second job with a dental provider and was recently downsized from both South Shore companies. After looking for work for several months, she was named a finalist for an administrative assistant job in Boston.

"It was down to the wire, but they gave the job to someone who was 35," Hedman said. "I felt there was a little age discrimination."

To her surprise, South Shore Skin Center wrote back to tell her she was the contest winner.

The prize was, as she describes it, a head-to-toe makeover. It includes a cosmetic dermatology treatment, teeth whitening, a new haircut/style, a fitness consultation and career and life coaching services. Some portions of the makeover are still on going.

"So far, no luck in the job department, but I continue to send resumes," Hedman said.

At her age, she said, she is not just looking for a job to pay the bills, she considers her next job to be her "last hurrah" and she doesn't want to settle.

"I want to look forward to everyday of work," Hedman said. "I refuse to go sit in an office."

To help her identify and find a job that fits her strengths, personality and passion, she is working with [Dawn Quesnel of Career Life Balance](#), a career and life coach as part of the makeover.

Hedman said the coaching has created the opportunity for her to think more in-depth about her future and her career. Hedman enjoys doing interior design on a part-time basis, but isn't sure she'd want to do it full-time.

Hedman's lengthy career includes administrative positions in the field of private education for 15 years and a group dental practice for six years.

Hedman moved to Cohasset a year ago and has made it her home.

"I'm in Cohasset, which I love. I love this area and I can go into Boston by train or boat. A job is only a piece of the pie, a big piece of the pie, but I'm determined to make this work," Hedman said.

While searching for a job she spending some time volunteering, she works one day a week at the Seachest Consignment Shop on Route 3A.

"The women there are so much fun," Hedman said, explaining she sometimes is scheduled for three hours, but ends up staying for six.

"I'm feeling optimistic, a new year is beginning and it's been so nice to have all this help," Hedman said. "I'm confident the right thing will come along – there's one final chapter waiting for me."

South Shore Skin Center of Plymouth and Cohasset collaborated with the Center for Progressive Dentistry of Duxbury; Eclipse Hair Salon of Norwell, Holly Kouvo of Fitting Fitness In of Stow, Mass. and Coach DQ, Dawn Quesnel, a career life coach and host of Career Life Balance Radio, and held a Makeover Contest for women and men over 50 who had been downsized.