

SO MANY OPPORTUNITIES!

By Rosie McEwan, RN spouse

The longer I've been a military spouse, the more I've realised just how much support is actually available to us. And what's even better? Most of these resources and programmes are completely free. Yes - FREE!

Of course, many of us would love nothing more than access to our partners' learning credits... but for now, we can be genuinely grateful for the fantastic organisations and fellow spouses who dedicate huge amounts of time and energy to offering high-quality training and support.

As military spouses who move every few years, building a consistent career can be tough. That's why it's so important to know what's out there - especially if a career change becomes necessary. Below are some of the brilliant courses I've taken and would wholeheartedly recommend.

Milspo Business Launch Accelerator

Most recently, I've nearly completed the Milspo Business Launch Accelerator - a 12-week fully funded course supported by the Armed Forces Covenant Fund Trust through their Supporting Partners programme.

After many years overseas, I returned to the UK feeling unsure about my next step. My CV was colourful, varied and full of experience across different sectors - **but I didn't know how to channel that into something focused.**

This course was flexible enough to fit around settling into a new area and managing a busy family life. The modules were released weekly, allowing you to work at your own pace. Each session included transcripts, practical worksheets and clear guidance. The worksheets were particularly valuable - they really pushed me **to reflect on my strengths** and consider where I wanted to focus.

Alongside the learning modules, there was a weekly live Q&A with founder Jess Sands and members of the MILSPO team. These sessions were welcoming, practical and never intimidating. It was encouraging to connect with other spouses who were also at the beginning of their journey.

Although I haven't yet launched my own business, the course gave me the confidence to return to a career path I once thought I'd left behind. It helped me clarify my goals and map out aspirations for the months ahead.

Jess also hosts a fantastic podcast, *The Independent Spouse*, which I highly recommend. During lockdown, listening to her opened my eyes to just how much support exists within the military community. The MILSPO network also runs regular webinars and online meet-ups - brilliant for accountability, networking and sharing opportunities. Through these connections, I've been able to both receive and give advice within our community.

A huge thank you to the Armed Forces Covenant Fund Trust for funding this opportunity.

JPMorgan ACCESS Programme

I've also completed the JPMorgan Chase ACCESS Programme for Military Spouses & Partners - another outstanding (and free!) opportunity.

As a Gold signatory of the Armed Forces Covenant, JPMorgan recognises the importance of supporting the wider military community. The ACCESS programme was specifically designed to help military spouses overcome barriers to employment.



ACCESS stands for:

Advice – Support with interviews, next steps and building confidence.

Choice – Exploring different career options and pathways.

Connections – Building relationships with other spouses and professionals.

Education & Training – Access to valuable learning opportunities.

Skills – Identifying and articulating your strengths.

Self-belief – Growing confidence and recognising your own value.

Delivered over six months through a blend of virtual and in-person sessions, the programme provides practical insights and honest conversations with people who understand military life.

For me, it was an excellent boost. It helped refine my CV, strengthen my networking skills and improve how I market myself professionally. **Meeting others in-person who shared similar experiences was incredibly reassuring.** The programme is open to Tri-Service spouses and partners, which makes it even more valuable.

Registration for the 2026 programme is now open, and numbers are currently lower than hoped. If you're part of a military community network, please help spread the word. (Registration link: [JPMorgan ACCESS 2026](#))

Other Courses & Support

I've also completed Supporting the Unsung Hero - X-Forces Enterprise a "Start Your Own Business" course, which is now restarting in both in-person and online formats. These programmes are tailored specifically to military spouses and break down topics like tax, finances and marketing in a clear, non-daunting way.

While I haven't yet launched my own business, the knowledge and confidence I've gained are now part of my professional toolkit - ready for when the time is right.

The military community is unique: we are a network, and we should use that network to support one another.

Moving frequently doesn't have to be a disadvantage. It can be an opportunity to try new things, meet new people and explore different career paths depending on your season of life.

The Naval Families Federation offers an excellent starting point for signposting and advice, with a dedicated partner employment lead. Partner Employment | Jobs For Forces Families

Don't delay - find out what's available today. There is so much out there for military spouses. Sometimes all it takes is that first step