

## ON THE DOUBLE AT SMART RECRUITMENT

Informal research suggests that women between the ages of 25 and 34 work in higher-skilled professions, put in more hours, and are more likely to take on multiple jobs than the generation before them. And 26 year old Sarah Vik of Smart Recruitment, who recently appeared in The Guardian's 'Office Hours' feature discussing her multiple jobs lifestyle, is amongst them.

It is not uncommon in today's society for people to have several careers or 'portfolio careers' whereby multiple jobs are enjoyed for extra income and an alternative lifestyle. Sarah comments,

"I thoroughly enjoy my job at Smart Recruitment where I work 9am to 5pm as an Account Co-ordinator. When I leave my day job at Smart I work as a Personal Trainer most evenings which gives me the opportunity to exercise and earn money whilst enjoying my hobby."

Sarah's lifestyle is a common trend amongst her generation ('Generation X') who require flexible lifestyles to accommodate the way of life they want to enjoy.

Helen Stacey, Director of Smart Recruitment comments, "In Sarah's case she works a full time job with us and an additional 10 hours a week as a Personal Trainer. As her full time employer I actually think her second job benefits us. Sarah has an active lifestyle and comes into work bright and breezy every day. In Sarah's case I do think one job compliments the other as they both challenge her in different ways. Sarah is managing to juggle two careers and we benefit from a hard working, enterprising member of staff."

Smart Group Recruitment Solutions specialise in Construction, Commercial, Technical, Industrial and Smart Plus (I.T division) making them able to deliver one stop solutions to business. Smart Recruitment service a catchment area which encompasses all corners of Dorset. The company has a network of five branches, four in Dorset and one in Yeovil, and currently employs more than 50 staff.

The Smart service is broad covering a diverse range of products, services and industries. Candidates and clients benefit from the company's branch network which is technology driven through the Smart database; this links to every desk in every branch, providing instant access for candidate skill matching, availability and positions available.

Sarah Vik recently appeared in The Guardian's 'Office Hours' feature 'On the double'.

For further information on any of the services provided by Smart Recruitment call 01202 629000 or visit [www.smartgroup.co.uk](http://www.smartgroup.co.uk) to find your local branch in Poole, Bournemouth, Dorchester, Christchurch or Yeovil.

~ENDS~



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