

## MIDLIFE CAREERS NEWSLETTERS:

### January 2006 –The month of Changes

It is a time to say thank you to all of you --my clients – old and new, passer byes to my web sites, and those of you who I don't know yet, who have signed up to receive this newsletter.

**CHANGE** - Change is a good thing. I know that in the midst of a sudden job loss or potential job loss, it might not seem that change is good, but believe me, it is a natural part of growth and healthy renewal.

If you think of it as a *beginning*, it takes on a *whole new feeling*.

Career change can be brought about by:

- the **PINK SLIP** or ..
- because you're fed up or..
- just because YOU WANT TO – Imagine that???

Change is safer than you think. I notice that the more I work on changing myself, the more effective I am in the world.

The Pink Slip forces change. What strikes me as interesting is that I have never yet worked with someone who has lost their job, who just really loved what they did before they were fired. They may have loved their job once, but their circumstances have changed and they will tell me that for the last two-to-five years they have battled every day of their lives with stress or boredom.

Yes, I know at first there is an uncomfortable rush, but it is actually just a little rush of adrenaline telling you to get your goals set and plans readied to make that move forward and BEGIN.

#### A 5-point New Year's message

1. Even if you are not changing jobs, careers, or life styles, look at the pattern of your life and begin to make small changes toward new life choices.
2. ***Change is growth.*** Take time to think about what it will feel like when you have completed your change. ***Visualize every detail of the results that will take place when your change takes place.***
3. Make a plan, set small manageable goals to make your change happen.
4. Stay in tune with your health, without it nothing else works well.
5. Make sure the change is what YOU want. Doing what you love to do will drive it all.

#### Changes for Midlife Careers 2006:

I am bringing a whole new program together on retirement careers. Watching all of you, listening to your stories, and looking at myself, I am aware that none of us are ready to quit.

### What's next for Midlife Careers?

- In 2005, I developed <http://blog.retirementcareers.com/blog>
- Now, I'm in process of creating a web site with reports, e-book, and products geared to **Retire, Rewire, & Restart™**
- The first 2006 Beta Roundtable Workshop for Midlife Careers, is geared toward coaching a small group of pre-retirement and retirement interests, they include:
  - A pre-retirement participant (59) – needing medical benefits more than income
  - A participant (60) seeking a retirement career –needing a second career, new challenge, and interesting and fulfilling lifestyle.
  - A participant (60) regrouping after receiving a Dec pink slip and choosing to move to another area to restart his career.
  - A business owner, who retired from corporate, built a small business enterprise, but now is in need of supplementary income.
  - And, a widow entering the workforce at age 56.

Combined, they form an interesting cross-section of retirement careers, don't you think?

Sound like any of you???

If you are interested in attending future roundtable discussions, please let me know. I would like to start a second group for February- March. I schedule 4-sessions for the group discussions. The last session is geared to help form a retirement résumé. Sound like an oxymoron???

Please call or write if you have an interest in attending future roundtables or have topics or questions that you would like to ask and feel they would be relevant to our discussions.

The first Beta will be held in my office. By summer, I hope to have small, intimate, tele-roundtables that circulate across the country. Our Beta program is leading the way and giving us necessary feedback to bring together interesting and vital discussions relevant to all the phases of retirement careers – second careers, new lifestyle commitments.

I enjoy being a small part of the success with your change, and look forward to continuing coaching and writing – whether you're working through midlife career or retirement career change.

Make a tiny change and feel your world shift. Wasn't so scary now was it?

Yes, I am still writing resumes and revisions, so not to worry, but pioneering coaching and specialized résumé writing for retirement careers is my changing focus for 2006.

## **STATS, SITES & STUFF**

### **~~~Stat~~~ Quoting from a recent article in Career Journal .com:**

Here's what we know. Many Americans plan to keep working -- either full time or part time -- in retirement. Some will need to work, while others will choose to keep working. Some will need to work to support their lifestyle, to get health insurance and to finance a longer life expectancy, while others will work to pursue their life's passions and avocations.

"It will be a question of money or meaning," says Beth Segers, a managing director at Putnam Investments, whose firm released research on the working retired last week. In other cases, Americans will retire and then return to work. Some 7 million Americans have recently retired only to return to the work force, says the Putnam study.

What else do we know about the work force of the future? Well, the proportion of the work force represented by older workers is expected to increase in every occupational category, says the GAO's just released "Older Workers: Labor Can Help Employers and Employees Plan Better for the Future" report

**~~~Site~~~** <http://www.careerjournal.com/myc/fifty/20051222-powell.html>

**What's next for you?** Please write and let me know your interests.

**Midlife Careers Newsletter** will work to help keep you informed and bring suggestions to the ebb and flow of your new beginnings

If you do not want to receive another issue, just write and include **Not Interested** in the subject line.

I wish you all a happy, prosperous, and authentic New Year.

*Mary Ann Finch Vandivier*