



Dear Friends and Clients,

Do you love your job so much that you are sure that you are on the right career track for decades to come? Then this issue may not interest you, because I am going to focus on career shifts.

I've been thinking a lot lately about "Second Acts" – the new careers that might follow the Big Jobs that we thought we'd have forever. My own Second Act (more accurately a third or fourth act) came about in 2000 when a corporate merger brought me the opportunity for a very early retirement.

I loved my job as an attorney and executive, but I had my fill of constant travel and long, pressure-filled days. I thought about what I most liked about my career to date and decided it was mentoring and helping my staff to grow. I had to feel my way, but eventually found that executive coaching could bring me the career fulfillment I wanted, without crowding out the rest of my life.

Since then, I have worked with many clients as they began to at least lay groundwork for the dream career that would follow their mid-life Big Job. That experience brought me the pleasure of supporting financial journalist Kerry Hannon as she wrote her most recent book, **"What's Next? -- Follow Your Passion and Find Your Dream Job."**

As a consulting expert for the book, I feel a little shy about urging you to buy it. But I am going to recommend it anyway, because it is so readable and useful. Hannon has done a fine job of collecting stories from real people who have changed careers in the middle of their lives. The book combines inspirational examples with clearly presented practical advice about how to negotiate a career switch. And I will borrow back some of that advice in this issue.

Warm wishes, Bev

**Is It Time to Start Planning
Your Next Dream Career?**

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In a regular **U.S. News & World Report** feature called “Second Acts,” Kerry Hannon writes about Americans between the ages of 44 and 70 who have launched “encore careers.” For more than three years, she has been interviewing some of the estimated 8.4 million Americans who have moved from a corporate or other traditional job track to an entirely new career that combines income with personal meaning and social impact.

In “**What Next?**” Hannon offers portraits of 16 people who have chosen new paths. She also offers much information that could help you to “reinvent your own career or to pursue a long-held dream.” She says that now may be your chance “to get excited about work once again, to feel revived and passionate about making a difference in the world.”

Hannon asked me for tips for her readers who may be planning a second career. Here are some of my suggestions:

- **It’s never too early to think about your next act.** The more time you have to plan, the better. Start years ahead to explore ideas and possibilities. When something starts to feel right, get a bit of practice to see if this is really the direction you want to go.
- **Take small steps.** Don’t struggle to find an ideal starting point or perfect path. Once you have some picture of where you want to head, get things moving by taking tiny steps toward that vision. Your activity won’t be linear and you don’t need to plot out your steps in advance. What really matters is that you do a little something on a regular basis. Even if you take just one baby step a week, at the end of a year you will have made real progress toward change.
- **Get your life in order.** It may be a second act but it will still be your same life. Get rid of clutter, pay off your debts, or take other steps to reduce the disorder in your life. If your broader life is in great shape, your second act will come more easily.
- **Get fit.** And speaking of being in great shape, becoming as healthy as possible is an important part of preparing for your new phase. When you are physically fit, you have more energy and are mentally sharper to face the challenges ahead.
- **Start a journal.** Journaling is a great way to map your new career direction. For example, make lists: the best times in your life, the things you really like to do, or moments when you have excelled in your current job. Or write out questions about what you want next, and then write yourself answers.
- **Get a business card.** Want to be an artist, even though you’re still working as a lawyer? Get an artist’s card. As soon as you have a business card your

new career will feel real. You can get a second-act card long before you finish your first act, and having a card may speed your transformation.

Want to hear something interesting? In addition to providing executive coaching, Bev and her Clearways colleagues are available to speak about many issues related to your work and work life success. We'll build a program to meet your needs. Learn more at **www.ClearWaysConsulting.com** or email to **Bev** directly.