Dear Friends and Clients,

For the past five years, I've enjoyed brainstorming about changing employment patterns with Kerry Hannon, a distinguished financial journalist. Since 2006, Kerry has been writing in leading publications about “Second Acts,” the new careers that many of us are launching in our later years.

Kerry knows as much about this trend as anyone around, and has participated as an authority in countless encore career conferences and other venues. And, while she certainly understands the employment data, she developed much of her understanding firsthand, through hundreds of interviews with people, aged 40 to 70+, who have made big shifts in their work lives.

This month marks the release of a new edition of Kerry's classic book, “What's Next?” I'm thrilled that I’m part of the book in a very small way because, once again, Kerry has included some of my "tips". But mostly I'm pleased that this edition is available for folks who are thinking about finding a new and perhaps very different job. As I'll describe in this ezine, Kerry's book is both a great read and a wonderful handbook.

Warm wishes, Bev

Ready to reinvent your career?
Or to pursue a long-held dream?

April 8, 2014 * Number 206

Here's some good news for people who are thinking about finding a new kind of career path. Acclaimed journalist Kerry Hannon has just updated and released a revised paperback edition of her book, "What's Next? - Finding Your Passion and Your Dream Job in Your Forties, Fifties, and Beyond."

In “What Next?,” Hannon offers portraits of 17 people who have chosen new paths. For example, there’s Ken Rynne, a Washington energy lawyer who decided to live his dream and become a professional performer. He launched Planet Washington, a rollicking-musical act featuring timely political satire.
And there's a clinical nurse who opened a knitting store, an AT&T executive who became an Episcopal priest, and a former IT expert who is now a licensed acupuncture therapist specializing in fertility and women’s health issues.

The individual profiles are both inspiring and instructional, but the book is made even richer by Hannon’s insights, lists of resources, and specific advice about how to change your career. And, while the book’s personal stories tend to involve people who are reinventing their work lives to pursue new passions or long-held dreams, the book is a useful guide for anybody considering a significant job shift.

While she touches upon everything from finding a mentor to understanding franchises, I particularly like Hannon’s suggestion that you prepare for your transition with a three-part fitness program:

- **Get financially fit**, by charting a budget, socking away an emergency fund, boosting your credit rating and downsizing your lifestyle.

- **Get physically fit**, because being in shape and energetic matters in the work world.

- **Get spiritually fit**, by finding a space – perhaps through meditation -- where you can get away from the stress and fears that go hand in hand with making changes in your life.

I asked Hannon about what was in her mind, as she edited the 2010 edition to bring it up to date. She said when she started her first “Second Acts” column in 2006, she was fascinated by how many people forge an encore career because they want to get excited about work again and make a difference in the world. Today, however, it seems that a higher percentage of second actors are motivated at least in part by economic necessity. They are planning on working well past their expected retirement age because they need the money.

People contemplate shifting gears for many reasons. Perhaps you’re tired of working for a big organization and itching to try something entrepreneurial. Or maybe you want to re-deploy your business skills to make a contribution in the non-profit sector. Regardless of your motivation, if you’re contemplating a mid-life reboot, “What’s Next?” can offer you a handy road map for getting started.

FINAL BOX
MESSAGE FROM BEV: LET'S STAY CONNECTED. If you’d like to have an issue addressed, send me an email so I can explore it in this ezine or my blog. And let’s be cool careerists and stay in touch through Social Media. Please follow me on Twitter and connect on LinkedIn.