

ASK THE CAREER ENGINEER!

Francina R. Harrison, MSW

Q: I have been retired for two years and I am thinking about returning to work. I worked in an office for 22 years in the public school system. I only want to work part time and do not want to be in the school system again. I can type, file and familiar with doing reports. Please give me some suggestions on what I should do to prepare myself to work again? **Tisha B.** Chesapeake, VA

A: Tisha, we are finding that many “retiree’s are returning to the workforce. Some suggests this migration is due to economics while others suggest it’s basically for social reasons. In any case, as a mature worker, I would suggest you “brainstorm” the following before you make your move.

1. Think about your primary reason for wanting to return. Is it simply based on economics and you want to improve your quality of life? Is there another reason?
2. Once you have determined the “Why I want to work” question, consider looking into your true interests/hobbies for an “enjoyable” work experience. Ask yourself questions such as: “What do I like to do in my spare time?” What types of activities keep me smiling and happy? You mentioned 22 years of experience in administrative services for the school system. Well, perhaps your “interest’s areas” could use someone with your skills sets to help the organization get “organized.”
3. Don’t do anything you don’t want to do. I know this may sound “trivial”, but you stated that you are not interested in the school system...maybe you should probe this a little more to find out what was it about that setting that did not get your vote...management, students, culture?
4. If economics is not your main reason for retuning to work and you are more focused on life purpose or socialization, consider volunteering.

There are so many wonderful opportunities for you to “give back” and at the same time remain active (physically and mentally) and really enjoy your retirement years. View the Volunteers of America website, www.voa.org as a starting point. Good luck and thanks for your service to our public school system.

If you have a question for “The Career Engineer” send an email to francina@thecareerengineers.com . Author of the book, *A Mind to Work: **The Life and Career Planning Guide for People Who Want-Need to Work!*** For more information on Harrison & Associates, call 757-420-1109 or visit our website at www.thecareerengineers.com.