

For Immediate Release

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## **Baby Boomers Prepare to Reenter the Workforce**

New York, NY (March 5, 2009) If you are one of the many baby boomers who has decided to delay your retirement for a few years, here are some suggestions that may help you achieve an enjoyable and fulfilled lifestyle, according to Joan Strewler-Carter and Stephen Carter, co-founders of the Life Options Institute, an organization dedicated to helping people plan for life after age 50.

### **Educational Investment**

It takes time to prepare for any new employment opportunity, according to Mrs. Strewler-Carter. Sometimes it takes a small investment in adult education before you can be prepared to re-enter the workforce.

Educational institutions have geared up for the boomers' future learning needs. Programs have been designed for the varying needs of retiring boomers. If classroom training doesn't appeal to you, you can look into the many educational institutions that now offer distance learning, adds. Mr. Carter.

Explore some of these Web sites to investigate adult education opportunities:

- [Bcae.org](http://Bcae.org)
- [Distance.gradschools.com](http://Distance.gradschools.com)
- [Eckerd.edu](http://Eckerd.edu)
- [Freeu.com](http://Freeu.com)
- [Geteducated.com](http://Geteducated.com)
- [Learnconnect.com](http://Learnconnect.com)

- [Learningexchange.com](http://Learningexchange.com)
- [Learingstudio.com](http://Learingstudio.com)
- [Lifelonglearning.com](http://Lifelonglearning.com)
- [Phoenix.edu](http://Phoenix.edu)

## **Self-Employment**

Self-employment remains a real possibility for retiring boomers, but you shouldn't enter self-employment without significant due diligence, advises Mr. Carter. Take the time to complete a business plan. Find a program like the Kaufman Foundation's FasTrakNew Venture program that allows you to add rigor to your market analysis and business plan.

Some web sites that may be helpful for starting a business include:

- [Nfib.org](http://Nfib.org)
- [Sba.gov](http://Sba.gov)
- [Business.gov](http://Business.gov)
- [Entrepreneur.com](http://Entrepreneur.com)
- [Inc.com](http://Inc.com)
- [Business.com](http://Business.com)
- [Bizplanit.com/vplan.htm](http://Bizplanit.com/vplan.htm)
- [Nbia.org](http://Nbia.org)
- [Kaufman.org](http://Kaufman.org)

## **Volunteerism**

"Studies suggest that replacing your primary career with meaningful work after retirement is a good idea. If you are in a position to teach and share your own knowledge with organizations in need—providing legal advice or counseling for people who can't afford to pay—formal volunteering is often possible with nonprofits, schools, hospitals, churches, etc.," adds Mrs. Strewler-Carter.

Here is a sampling of organizations providing volunteer opportunities:

- [Aarp.org](http://Aarp.org)
- [Civicventures.org](http://Civicventures.org)

- Experiencecorps.org
- Mentoring.org
- Oasisnet.org
- Peacecorps.gov
- Redcross.org
- Pointsoflight.org
- Score.org
- Urban.org
- Volunteermatch.org
- Worldteach.org

For additional information on how to reenter the workforce go to [www.WhatsNextInYourLife.com](http://www.WhatsNextInYourLife.com) , an interactive Web site filled with resources to help baby boomers and retirees plan for the non-financial aspects of life after 50.

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