

A press release from The Gambia

WORKING BEYOND RETIREMENT

Today's world is that of re-irring and not retiring. The era of retiring into one's village, parlour or the garden behind the home is changing into amazing new careers. The modern world has created an array of careers, such as part-time lecturing, consultancy, speakers, contract searching for the retirees. These new found careers are becoming the norms, as great number of people are being retired daily.

For many, retirement will indeed no longer signal the end of working, but so much more of career and lifestyle transition, where the retiree has multiple options, such as continuing to work(though perhaps at a different pace), returning to school for additional training or education, changing careers, venturing into enterprenurship, becoming more involved in volunteering work or simply enjoying leisure and travel possibilities, a mix of working, learning, relaxing and trying new things.

So, how can older workers facing retirement fine a new job or career? One of the keys, of course, is finding an employer that both respect older workers and offers job flexibility options. A worker nearing retirement age might also look to his or her current employer for options, such as bridge positions, phased retirement, part-time employment, telecommuting or freelancing. Another option for older workers who want to work, but also want variety and new challenge is to consider temporary agencies that will help place you with employers who need your particular skill.

If you want to continue working, but in a new career field, consider taking the time for self-assessment and career exploration. If you are unsure of your next career field , examine your likes and dislikes, strengths and weakness and consider talking with a career professional. And for the really adventurous, another option is starting your own business after retirement. while many have been successful starting their own businesses, it is certainly riskier later in life.

Another for those who want to work, but are lucky enough and do not need the income, volunteering is a wonderful option. Volunteering is a great way to stay active while also making significant contribution to a worthy organisation. Volunteering opportunities abound in every community. But why should you work or volunteer if you don't have to? Experts suggest that, working helps older folk keep their minds and body active, provides social interaction and relationships, supports their value system and work ethic, find meaning to life and fighting stereotypes that only the young are good workers.

Final Thoughts

Retirement used to signal the end of a productive life for older workers, but more and more retirement is seen as a transition point for beginning a new phase of your life. For those approaching retirement, it is now a time to develop a strategy to work fewer hours, try a new career or business, learn new skills and further your education, give back through volunteering and enjoy your life, as ageing is everyone's future.

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