



Encore Career Change and Life Transition for Boomers

A course for boomers looking to make a life transition change by re-careering, semi-retirement or volunteer work. This series of workshops is designed to allow participants to fully explore and plan for this life transition to the Third Age—a period of creativity, meaning and growth. Whether due to lay-off, retirement, boredom or a desire for something meaningful, this course is for you. Course work includes: life review, transferrable skills assessment, interest inventory, networking, skill statement writing, resume writing, interview skills, internet job search, networking and a life change philosophy. Individuals will be expected to participate in each session and self-exploration homework assignments. This series of classes will be enjoyable, introspective, and will prepare you for future career-change decisions. The goal of the class is for boomers to gain confidence for a paid or unpaid career change through preparation.

Instructor: Steven Cook DC, MA CRC, NCC, LMHC-HI has 25 years experience in career exploration and planning. He has worked as a vocational rehabilitation counselor in Hawai'i and Montana, provided transition counseling services as a Navy Transition Counselor at Pearl Harbor and for 10 years has taught a career exploration program. He has been a featured speaker at State and National Conventions.

~~retired~~ *wired*

REGISTRATION

COURSE NO.: 102HSG101 **FEE:** \$50 **TOTAL:** 8 class hours

Sec	Days	Dates	Time	Room
A	M	June 7, 14, 21, 28	6:00pm—8:00pm	Kōpiko 128

Kupuna
 Education Center

For more information contact:
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HOW TO REGISTER—3 WAYS:

1. Call (808)734-9211
2. Download registration form: <http://continuinged.kcc.hawaii.edu/> Mail-in with payment
3. WALK-IN — Kapi'olani Community College, Continuing Educ. Office, Ilima 102.