



Thriving After 50

Your Career Reinvention Guide

Transform experience into opportunity



The Reality: Know the Numbers

Understanding the landscape empowers you to navigate it strategically

64%

of workers 50+ report experiencing age discrimination

28%

of job seekers 55+ face long-term unemployment

14%

weren't hired for a job due to their age in past 2 years

47%

lower callback rate for older women in administrative roles

Your Experience is Your Superpower



Deep Expertise

Decades of industry knowledge and problem-solving skills



Proven Reliability

Track record of delivering results and managing challenges



Strong Networks

Extensive professional connections and relationships

Reframe Your Story

I'm overqualified



I bring expertise that drives results from day one

I'm too expensive



I offer strategic value and reduce costly mistakes

I'm not tech-savvy



I quickly adapt and master new tools when needed

I'm stuck in my ways



I bring best practices and welcome innovation

Update Your Digital Presence



Professional Photo

Recent, high-quality headshot with warm expression



Compelling Headline

Not just job title - showcase your unique value proposition



Achievement-Focused Summary

Lead with impact: metrics, results, and success stories



Active Engagement

Comment on posts, share insights, build visibility

Strategic Networking

Quality connections matter more than quantity

1

Reconnect Intentionally

Reach out to former colleagues with genuine interest, not just job asks

2

Industry Events

Attend conferences and seminars to stay current and visible

3

Informational Interviews

Learn about companies and roles while building relationships

4

Give Before You Ask

Offer introductions, advice, or mentorship to build goodwill

Address Age Concerns Head-On

In Your Resume

- Focus on last 10-15 years of experience
- Remove graduation dates
- Use modern formatting and design
- Highlight recent training or certifications
- Emphasize results over tenure

In Interviews

- Project energy and enthusiasm
- Share examples of recent learning
- Demonstrate cultural awareness
- Emphasize mentorship capabilities
- Show flexibility and adaptability

Consider Alternative Paths

Consulting

Leverage expertise, flexible schedule, premium rates

Contract/Fractional Work

Multiple clients, diverse projects, work-life balance

Board Positions

Strategic influence, lighter time commitment

Teaching/Training

Share knowledge, shape next generation

Encore Career

Pivot to passion projects or social impact

Upskill Continuously



Stay relevant by continuously learning

- Digital literacy: Master collaboration tools (Slack, Teams, Zoom)
- Industry certifications: Validate your expertise with credentials
- Emerging trends: Stay current with AI, automation, and innovation
- Soft skills: Enhance leadership, communication, and emotional intelligence

Your 30-Day Action Plan

1

Week 1

Audit digital presence; update LinkedIn and resume

2

Week 2

Identify 20 target companies and 10 key contacts

3

Week 3

Reach out for 5 informational interviews

4

Week 4

Apply to 10 positions; enroll in 1 relevant course

Your Next Chapter Starts Now

*Experience is an asset, not a liability
Stay curious, stay visible, stay resilient*