

OWL Café

Optimism,
Wisdom,
and **L**aughter

usOWLs.com

Project of [Michele Jackman Enterprises and Adventures](#)



The café is open to share inspiring stories, catch a healthy laugh, or experience an insight that helps you cope with things not going so well.



**COME AS YOU NEED TO BE THIS HALLOWEEN!
KEEP DRESSING UP YOUR SKILLS AND PROJECTION
TO THE WORLD!**

Like DNA, our Age is as unique as we are . . . Age measures the time, challenges and fun we have had so far! As a "lifelong learner" one is never overqualified for good works! We have to keep "reinventing" ourselves as we experience our life's challenge and real capabilities, even if we are pursuing our own interests.

One has to focus on what matters most, what is still working for us, and new dreams for what's still inspiring us. Says Johnny Taylor, CEO of the Society for Human Resources Management (SHRM), "It's never okay to think LESS of someone older or younger . . ."

If you are still working part or full time, new tricks of the trade exist! “Boomers are now 55-75 years old and there are 76 million of them. Born before 1944, there are also millions still working or seeking work well into late 70’s and 80’s. More centenarians (over 100) also still work part-time, from economic necessity. As one told me, “I can pass for 80 . . . ” and she was right. One is not doomed to “healthcare systems” over 65 when things start to “break” or scare us. As the outside gets older—the inside can become more defiant!

The attitude of older generation is, “If I can work longer and get joy from that, why stop? I have more to give, more decades to live a full life of enjoyment against any suffering.”

Senior workers are still a best bet! Reliable, trustworthy, interested in learning new tricks and treating everyone with respect learned at an early age. Kids grown, vigilant about health, wealth, and possessions, they are concerned about helping other’s succeed as natural mentors.

More and more people contact me to tell me that they never even hear from an employer after applying for a position. You don’t want to work there if that happens! More than one person told me there were four intense interviews, and she never even heard after that. Very rude and depressing. Getting work is a more complex proposition these days with internal promotions still the goal despite the search. Mature workers over 50 are increasingly experiencing the terrible “tricks” (mental harassment) to get them to quit or retire sooner rather than later.



SAY BOO TO AGEISM: CHANGE THAT RESUME AND RULES!

Older visitors to career coaching sites are warned about using *older fonts* (Calibri is best), not listing graduation dates, and definitely avoiding traps about their work experience like “decades” or even “extensive.” These key words get you bumped from the batch. Instead they are told to hide their age and experience to get past gatekeepers (some electronic) who screen resumes. Less is better. Some of those are electronic and auto reject based on key words or numbers used. Create “interest about you” not a life story. **Resumes don’t really get you jobs, but they are the key to interviews, and something else may come up if you are kept on file.**

Most career sites say to list only last 10 years of experience and focus only on desired skills in the advertisement for the position. What if they want at least 5 years—you state you have at least five years. List this as “relevant experience” for that position. Other common tips:

- Use the impression you *led project* teams as opposed to just “managed.”
- *Describe yourself as energetic and confident, with a sense of humor in crises!*

- List the certifications desired and avoid old models and fads—TQM, Six Sigma—that date you unless they are mentioned.
- Give examples of how you are *adaptable and flexible* as well as competent. “Able to prioritize multiple requests, easy to work with and be around . . . supportive of other teams and players.”
- Boomers (born 1944-64) are technologically the *founders*, first users of technology, but capability to use *new versions* and applications is critical. Learn what tools employers use and understand how they use them.
- Present your true self, and not just a list of past accomplishments. Don’t overdress for interviews. Check out what is considered appropriate.
- If you really hate this kind of “courting”—start your own part-time service or business.



White Collar Jobs: Be prepared—Be Patient: It can take one month for each \$10,000 you earn to even get started.

One has to prove they have social networking skills the organization values and seeks. One has to have a LinkedIn account, a special gmail address to even begin the search process, and this profile had better have testimonials, references to show how good one is at their jobs in the white-collar arena. In the case of physical labor, one needs to show their attitude, resilience for terrible conditions, and professionalism. Avoid seeming overqualified. Instead state this, “I enjoy working hard, working around other people who need my help on a team, and working as long as I can by taking care of myself.” Or, “I keep my finger on the pulse of the market by reading, doing, volunteering, etc.”

Every generation is healthier on purpose, going to live and work longer, and still wants to learn how to be a valued team member contributing in a healthy setting. The first step is to create more social opportunities, networks to share ideas and approaches that will succeed.



Solo Sisters are not Widows in webs . . . they fly in new networks, OWLS in formation! There are also "Solo Brothers" who seek real friendships and shared adventures, as well. Friends of both genders become important as we age and for the right reasons—common interests and a desire for new memories.

I received a lot of feedback about my *term* for widows/widowers—some people were already reaching out to friends who had lost spouses and were assisting with that 1- to 2-year nightmare of things one must do and provide before one can really regroup and grieve. Social re-engagement is essential for both men and women who might isolate themselves in a grief state, unable to cope and act.

Start a group to share ideas on new adventures, self-development, or a simple book club on great inspiring stories. There is lots to do with others—new careers, travel, group learning, and special projects in addition to volunteering together and ride sharing. New "Bucket lists" and "Chuck it out" teamwork activities can create the fun needed to heal and get going again.



On that note: Libraries now give away new books for book clubs. Just finished reading two page turners: **Nightingale**, Kristin Hannah, a true story of women who helped downed pilots in WWII get to safety; and, **Education**, Tara Westover*, a real survival story of someone wanting education when it had been denied to them by parents. Very inspiring and revealing about the dysfunctions of family, and how they can limit our contributions if we allow it.

More books are written about surviving family life by older authors. Share your courageous story.

And, try healing poetry! Just attended an Elder poetry group celebration for an honored family member and great poet, Perie Longo, who taught poetry in Santa Barbara schools for 30 years. As she says to kids, "*Take a tour into your heart and write about it . . .*" A dear friend and OWL

intends to start a group for "Pudding and Poetry" to share important personal poems and I will be there with my secret stashes.

* Read Tara Westover's **Educated**, amazing and motivational story. Santa Barbara Library is giving her book out free as part of literacy program.

Her quote the other night—"You don't know where your passion will take you, but if you have none, it takes you nowhere . . . "



usOWLs and OWLWorks

Projects of Michele Jackman Enterprises & Adventures

Follow usOWLs and OWLWorks on the updated website

usOWLs.com

Consultants and Contributors

Lou Thompson

Patricia Brem

Dana Longo

If you received this newsletter from a friend or colleague, please enter your email to join our mailing list

[Sign Up Here](#)



Looking Out for You
Need a motivational speaker?
How about a good laugh?

Tell your colleagues and friends and bring them along. There is follow-up coaching included.

Michele Jackman

Author | Speaker | Humorist | Trainer

[**Michele Jackman Enterprises & Adventures**](#)

Want to call? | 805.964.5668

[**How about emailing Michele?**](#)

michele@mjackman.com