

## THE A-B-C's OF A MIDLIFE CAREER CHANGE: HOW TO START OVER AFTER 50

*Maryann Kerr, Chief Happiness Officer and CEO of the Medalist Group shares her tips to successfully transition your career when you think it's too late*

**MONDAY, JULY 22nd 2019—TORONTO, ON**— John Lennon said it best in his song, “(Just Like) Starting Over” when he sings, “we have grown, we have grown”. Sure, he might’ve been talking about his love-life, but who says those lyrics can’t relate to your career? In fact, aside from the obvious reason of being laid off, or looking to do something more rewarding, many people who seek a career change do so because they feel they have outgrown their current job. And if you think job-hopping is reserved for the younger generation, think again. A [2014 study](#) by Statistics Canada found that over half of workers in the 55 to 64 age bracket were looking for a career change.

Maryann Kerr is the Chief Happiness Officer and CEO of the Medalist Group. As an advocate for healthy workplaces she says you can still stay competitive and make a successful career move regardless of age and despite being scared to do so. “Trust me when I say that starting over at 57 with two kids in University isn't easy. But even if starting over after 50 seems daunting, you have to ask yourself: Where will I be in a few years otherwise? You age regardless so you might as well spend that time investing in yourself and exploring new passions that align with your skill set, either through more education or a new career path.”

Maryann says to remember your A-B-C's when it comes to making a midlife career change less daunting:

**A is for:** Adopt a growth mindset. Remember the saying that rising tides raise all boats? This is the attitude you need to embrace. Don't think competition, think collaboration.

**B is for:** Build on the body of work you've done so far. Whether you are starting over at 40, 50, 60 or beyond - build on the work that brought you this far. Think of this as carrying forward as opposed to starting over.

**C is for:** Challenge yourself to continuously learn – whether its how to load YouTube content or taking media training – always stay open to learning.

**D is for:** Determine your purpose not your passion. Instead of asking yourself what do I want to be, ask yourself - who do I want to be? For example, I want to be a champion for healthy organizations and workplaces. This could play out in a multitude of ways: management consultant, speaker, writer, trainer.

**E is for:** Establish a circle of supporters who you encourage and who encourage you. We all need cheerleaders in our lives and when you are in the midst of a big transition, we need them

more than ever. Gather people around you who keep you focused on moving forward when the going gets tough

To read Maryann's full article on 'Starting over at 57', or to interview Maryann on workplace health and wellness, please contact:

**Dessy Danishwar, Media Relations**  
**Dessy@FrontDoorPR.com**  
**905.805.1024**

**About Maryann Kerr:**

Maryann Kerr is Chief Happiness Officer/CEO and principal consultant with the Medalist Group, a boutique organizational development and philanthropic firm she founded in 2016 with the mission to create well led, kinder, collaborative, inclusive and more human workplaces. She is a true believer that the health and well-being of our workplace is directly correlated with the health and well-being of our employees.

With over 30 years in the philanthropic sector Maryann has served multi-faceted local, provincial and national organizations in executive leadership and senior philanthropic positions and currently sits as Past-Chair of the Board of Directors, Gilda's Club Greater Toronto and member of the Board of Directors for Next Gen Men.

Over the course of her career Maryann has worked with outstanding teams of volunteers and staff to raise over \$110 million. Compassion, kindness, a commitment to the profession and deep respect for the professional fundraiser is at the core of her work.

**About The Medalist Group:**

The Medalist Group is a boutique organizational development and philanthropy firm founded in 2016 by Maryann Kerr, a Chief Happiness Officer with a goal to help co-create well-led, collaborative, inclusive workplaces where productivity/mission delivery and employee engagement is high, and turnover is low. The Medalist Group believes social change won't happen unless sustainable movements and organizations exist to encourage, and develop, a healthier workplace for a healthier you.