

## Are you over 50 and happy with your career?

It is by no means an impossible dream – and it's up to each and every one of us to take our lives into our own hands. Whether it's a question of psychological stress at work, fear of redundancy, or simply the feeling that you don't want to waste the remaining years of your working life doing something you don't enjoy: this manual gives practical guidance on how to stand out in today's competitive work environment, sell yourself on the employment market, return to work after a career break, or successfully start up your own business.

Featuring a plethora of sound advice, useful checklists, and easy-to-follow instructions, the strategies in this book are illustrated by case studies from the author's practice.



Beate M. Reisinger

### A FRESH START

How to go about starting a new career at 50+

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**Beate M. Reisinger** studied business administration and completed her studies with an MBA overseas. She has more than 15 years' experience as the head of human resources departments in several major corporations, mainly across Europe. Since 2001 she has been working as a freelance coach, consultant and interim manager dealing with personnel issues.

Her work includes conducting seminars for career re-orientation (>new paths<) in the 50+ age group.

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