

## **CAREERS NOW**

**For release 11/08/06**

### **FINDING THAT PART-TIME JOB**

**By Joyce Lain Kennedy**  
*Tribune Media Services*

**DEAR JOYCE:** I am in my early 40s and have a bachelor's degree in business and behavioral science. I have over 15 years' experience in senior administrative positions with previous experience in banking. I would like to locate a 32-hour per week position so I could operate a business out of my home one day per week. Could you recommend the positions or industries that would best suit me or how I might go about locating one of these? – P.N.

“The best part-time positions are usually the result of a person adapting a full-time position to a part-time one, arranging a telecommuting option, or finding someone to job share a position,” advises career counselor Lynn Berger, whose new book deals with the very question you ask.

“The Savvy Part-Time Professional: How to Land, Create, or Negotiate the Part-Time Job of Your Dreams,” published by Capital Books, \$16.95 ([capital-books.com](http://capital-books.com)), is written like a comprehensive series of visits to a counselor who has a wealth of experience in your issue.

Among sections I found especially helpful are those on employment rights for part-time employees and the warning against taking part-time positions that are really full-time jobs without benefits.

Another good point: Berger says the biggest advantage of working part time is that “it allows you the time to satisfy all parts of yourself,” a desire I've repeatedly heard from readers.

**DEAR JOYCE:** I am a 58-year-old woman who has worked in the telecom industry for about 15 years, surviving layoffs, outsourcing and such. But in the process I found myself taking any job inside the company that came along to be able to be employed for the fear of going out in the job market at my age and finding something else and not being able to make it and that is how I have been in accounting for five years.

I am so very frustrated and feel I can do so much more but feel all my past experience is now meaningless and useless. I've tried countless times to find another position within my company but they are only hiring contractors and if they hire [regular status] employees, they choose younger people from the outside.

What can a woman my age do to obtain a change in career? Is there any hope? I have so much energy and commitment, I keep myself in very good shape and I am updated in all the current computer technology. But I feel like I am wasting away. Help? – N.Z.

Countless books explain the career change process of gaining self-knowledge and matching it with workplace opportunities, including the Berger book mentioned above. But you are a poster child for the value of human career coaching. Call career coaches in your locale and ask for a

free consultation to see which professionals are on your favorites list. Interview at least three contenders. Get prices and pay as you go, not up-front.

Some individuals do leap off a cliff and see if they can fly in a new career. Outcomes? They're mixed, ranging from song-bird satisfaction to changer's regret. Others who feel stifled in their jobs/jails stay put and add sunlight to their lives with leisure activities and volunteer service.

Your letter reflects your desperation. You are best served meeting face-to-face with a professional coach with whom you can kick around problems and solutions in adequate depth.

DEAR JOYCE: I read with interest your column about the food prep kitchens. But I don't want to make the investment required. Everyone says I'm a marvelous cook and I'm tired of my job in an insurance company. What about becoming a personal chef? Could I support myself? – R.S.

A Midwestern personal chef who's been in the field for several years says her startup costs were about \$2,000 for chef coats, utensils and pots and pans. Working in a client's kitchen, she charges \$495 for a family of four with everything included; the food she prepares will last for up to 10 nights. Expect hardships starting out and perhaps six months for awareness of your chef services to spread by word of mouth (no pun).

The relatively young personal-chef field has its own trade association, the United States Personal Chef Association ([www.uspca.com](http://www.uspca.com)). Also visit the American Personal & Private Chef Association ([personalchef.com](http://personalchef.com)).

---

*E-mail career questions for possible use in this column to Joyce Lain Kennedy at [jlk@sunfeatures.com](mailto:jlk@sunfeatures.com); use Reader Question@ for subject line. Or mail her at Box 368, Cardiff, CA 92007.*  
**2006 TRIBUNE MEDIA SERVICES, INC.**