

## FOR IMMEDIATE RELEASE

### Looking for a job after retirement? Here's what you need to know

*Retired Worker's top 7 tips for older workers*

**Toronto, ON (July 11, 2005)** - Older workers looking to re-enter the workforce after retirement face some unique challenges. Retired Worker has 7 tips to make the process faster, easier and more productive.

"Looking for a job after retirement can be a daunting prospect," says Sarah Welstead, 35, co-founder and Managing Partner of Retired Worker ([www.RetiredWorker.ca](http://www.RetiredWorker.ca)), the first employment website designed specifically for retired people who want to work on a part-time, temporary or contract basis. "Many older workers haven't had to conduct a 'job hunt' for several years, and the process of job hunting has changed dramatically in the last decade."

What's more, older workers also know that they face a huge hurdle: age discrimination. "According to our recent survey, 64% of our job-seekers have experienced age discrimination in the workplace," Welstead says, "Many employers are reluctant even to consider applicants aged 50+. In many ways, looking for a job after retirement is a lot like looking for your first real job right out of school: you have to work a little harder to get your foot in the door and tell employers why they should hire you."

Fortunately, according to Welstead, older job-seekers can help themselves by following a few simple guidelines:

1. **Keep your appearance up-to-date:** You can't expect employers to think that your skills are current when your 'interview suit' is 20 years old and your hairstyle hasn't been updated since 1986. Offices are also more casual than they used to be – showing up in a 3-piece suit when everyone else is wearing jeans will give people the impression you're not familiar with today's work environments. You don't have to be a fashion plate or spend a lot of money: a pair of khakis and a couple of shirts from Gap can cost less than \$100 and will ensure that employers aren't distracted by wondering whether you're too 'old-fashioned' for their company. And don't forget to stay in shape!
2. **Recognize that it might take a little extra effort:** One of the most common mistakes older workers make is in assuming that a job will fall into their lap – that after 35+ years of experience in their pre-retirement job, they shouldn't have to pound the pavement just to get a part-time job. And in a perfect world, they'd be right. However, in our not-so-perfect world, employers are still reluctant to consider older workers. Finding a job is hard work and can take a couple of months no matter how old you are - older job-seekers just need to be a little more patient and diligent.

3. **Be confident (but not cocky):** If you want employers to notice you, you can't be afraid to 'toot your own horn' a little bit, and be prepared to tell employers how and why they'll benefit by hiring you.
4. **Get over your fear of computers and the internet:** Employers don't expect you to be a computer genius, but it's important that you feel comfortable using a computer or the internet to perform basic functions like sending an email. If you don't have a computer at home, visit your local library: most have computers with internet access that you can use by the hour (often for free), and the library staff can help you get started..
5. **Use a variety of resources:** The Classified section of the newspaper isn't the only place to find job opportunities. You should also check employment websites, job boards, corporate websites, temporary agencies, networking and discussion groups, career fairs, headhunters, and word-of-mouth (telling friends and family that you are looking for work). Don't restrict yourself – the more avenues you investigate, the better your chances of finding the right job.
6. **Avoid ranting:** When you call or meet a potential employer, avoid telling them the tragic saga of your life. They don't really want to know that you've been looking for a job for over a year and can't get anyone to hire you. And don't veer off into monologues about how the world was a better place 25 years ago or use the phrase "I don't know about kids today..." If the interviewer starts thinking you're sounding like his or her parents, you're in trouble.
7. **Don't brag about your resistance to technology:** Sure, you may have had a successful career without ever having to use the internet or a Blackberry, but the reality is that these days, most jobs require interaction with 'high tech' in some way. By proudly announcing that you spent 35 years in the workplace without once touching a computer, you're telling employers that you are out of touch.

"Employers' reluctance to consider older workers is usually based on negative stereotypes," Welstead says. "When older workers demonstrate that they don't conform to these negative stereotypes, it's easier for employers to focus on job-seekers' knowledge and experience rather than their age."

#### **About Retired Worker:**

Retired Worker is the first employment website in North America for retired people who want to work on a part-time, temporary or casual basis. Launched in Toronto in October 2003, Retired Worker now has 15,000+ registered job-seekers across Canada. For more information, visit [www.retiredworker.ca](http://www.retiredworker.ca).

#### **Media requiring more information or an interview, please contact:**

Sarah Welstead  
Managing Partner, Retired Worker  
416.809.7829  
[sarah@retiredworker.ca](mailto:sarah@retiredworker.ca)