

Midlife Career Change Advice – Try Volunteer

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<http://careerchangeforboomers.com/>

Many professionals who work with people going through a midlife career change recommend volunteering, but it's not something that I have written about before. There are a number of benefits from volunteering when you are going through a midlife career change:

- Getting some experience in an area of work you want to go into
- Meeting people and building your network
- Getting out of the house and relieving isolation
- Having fun
- Getting relief from so much focus on ourselves by focusing on giving to others

Though I have not been going through a midlife career change, I have found a lot of benefit from volunteering. For about 10 years now, I have been a member of a [hospital clown troupe](#), going into a local hospital to cheer up sick children. I cannot express to you the feeling I get when I see a kid smile.

In the last year, I also worked as a part-time, Volunteer Coordinator for two different organizations. That didn't work out, but I still got some valuable training and experience and met some terrific people.