

MACCA | NEWS



Save the Date!
MACCA 53rd Annual Conference
 Thursday, December 7th & Friday, December 8th



**Liberty Mountain
 Resort
 & Conference
 Center**
*near historic
 Gettysburg, PA*

Keynote Speakers



Daquanna Harrison, Owner,
 Elevations Educational
 Consulting Group



Marie Zimenoff, Founder
 and CEO, Career Thought
 Leaders



Dr. Spencer Niles, Professor
 and Co-Founder, THRIVE
 Research and Intervention
 Center



TECHNOLOGY: *Life After Tech*

For displaced workers, these 5 career paths are on the rise...

Thousands of tech jobs have vanished in the past year leaving tech workers displaced and searching for work. What lies ahead for these individuals?

According to LinkedIn News, 37.3% of displaced tech workers are staying in the technology, information, and media fields. Others are venturing into different or new industries. The most common career switch workers are making involves the professional services sector, which is dominated by consulting and accounting firms. That's where 19.6% of former tech workers find their next career chapter.

The other fields tech workers are transitioning into are financial services (8.3%), manufacturing (8.0%) and hospitals and healthcare (3.7%).

The fastest growing metros hiring displaced tech workers include Washington D.C.-Baltimore, Chicago, Austin, Salt Lake City, Miami-Fort Lauderdale and Phoenix.

Read the entire story here: https://www.linkedin.com/pulse/life-after-tech-displaced-workers-5-career-paths-rise-george-anders?trk=public_post_feed-article-content



May Each of Us an Expert Overview

Emily Rothberg's Each of Us an Expert session in May, *Retirement is a Process*, focused on the important developmental task of planning for retirement.

The session was popular, with 24 participants and requests for the session to be recorded (*which is available to MACCA members on the website*).

Emily observed that retirement evokes a range of emotions, from a sense of freedom or relief, to fear and anxiety, and our task as counselors and coaches is to help clients make space for and then make sense of these emotions.

Concerns about retiring can be grouped into three categories: Identity, Community, and Structure.

People approaching retirement wonder who they will be when they no longer have a job. They worry about the loss of community and relationships. And many struggle with vast unscheduled blocks of time, after years of having the job provide structure to their lives. Emily cited a fascinating piece of research that identified the optimum amount of leisure time as 2-5 hours a day. Less than that and people become stressed, more than that and people become anxious.

Emily urged participants to help clients change the mindset with which they are approaching retirement. For example, instead of being stuck in a fixed mindset, we can encourage clients to focus on growth. Instead of measuring productivity, she offered up the Japanese model of Ikigai, which looks instead at the reasons we do the things we do.

Among the books Emily suggested as resources for retirement were William Bridges' books, *Transitions: Making Sense of Life's Changes* and *Managing Transitions: Making the Most of Change*; Daniel Pink's *The Power of Regret: How Looking Backward Moves Us Forward* and *The Antidote: Happiness for People Who Can't Stand Positive Thinking* by Oliver Burkeman.

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Keep your eyes on the stars, and your feet on the ground.

THEODORE ROOSEVELT

May MACCA Meet-Up Overview

MACCA hosted another well attended meetup on May 1st. The topic, SHARING RESOURCES FOR YOUR BUSINESS AND YOUR CLIENTS, was informative, collaborative, and fun. The meetup was moderated by Amanda Chenkin and Laura Labovich. A list of shared resources is below:

Card Sorts:

- [Balanced Card Sort](#)
- [My Spark Path](#)

Exercises & Assessments:

- [Six Lives Exercise](#)
- [Enneagram Assessment](#)
- [BANKCODE](#)
- [The Via Character Strengths Survey](#)
- [Vocopher \(Career Collaboratory\)](#)

Private Practice Tools:

- [Simple Practice: Practice Management Software](#)
- [DocuSign](#)
- [Canva](#)
- Powerpoint's designer function
- [SEO Optimization](#)
- How to create [carousel posts in Canva on LI](#)

Client Resources:

- [Big Interview](#)
- [Candid Career](#)
- [Jobscan](#)

UPCOMING EVENT REMINDERS



Below are the details for the next Meet-Up:

Moderators: Amanda Carcione and Flora Stowe
When: Monday, June 5th at 12:00 p.m.
Where: Zoom
Topic: *First-Generation Professionals*
Cost: Free



Below are the details for the next Expert session:

Presenter: Ebony C. Peace
When: Friday, June 16th at 1:00 p.m.
Where: Zoom
Topic: *Tenderhearted Career Solutions for Transgender & Transitioning Clients*
Cost: Free for Members / \$10 for Non-Members



For more details about either of these events or to register, visit the *Upcoming Events* page on our website: <https://macca.wildapricot.org/events>