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New Author Helps Boomer Women Stop Worrying About Retirement and Start Planning How to Live and Work On Their Own Terms

(Nanaimo, BC – March 9, 2015) Career counsellor Janine Moore encourages baby boomer women to take a pro-active approach to their career future, in her book, ***Work On Your Own Terms, in midlife and beyond.***

Moore's thought-provoking and quirky approach encourages women to unleash their potential and consider self-employment options, which can be more meaningful, and rewarding, than being stuck in "Job Jail". Using the book as a guide, women tap into their inner wisdom and strengths to create a better work and life balance, and define a path to a more secure retirement.

Combining results from her own thesis research, and her experience as both employee and entrepreneur, Moore has compiled her insights into a useful tool to help women embrace an often frightening life change. Her book teaches readers how to overcome the mental and emotional challenges that can become a barrier to a successful transition into entrepreneurship.

When news headlines announce that laid-off older workers find it difficult to find work, that they could live to age 100, and that \$1-million plus in the bank would be a good idea, many Boomer women know their numbers do not add up to a bright future. They realize they can't rely on their employer, or the government, to ensure their retirement income, and have to make a change to ensure a secure future.

"Apart from income, midlife women are craving purpose and meaning in their work," explains Moore. "I help them gain more power and control over their situation so they can explore many meaningful aspects of their life."

Work On Your Own Terms walks Boomer women through a step-by-step process to:

1. Feel less overwhelmed about not having saved enough for retirement.
2. Regain power and control over their life so as to live without regret.
3. Overcome the six common fears that hold people back from living their dreams.

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4. Hear and express their own voice and examine viable work options.
5. Design their Dream Life and Career Blueprint.

With over twenty years of experience helping people with career change, Moore has seen the sad effects of women trapped in a job situation that makes them miserable. Determined to help midlife career changers create the life they want to lead, Moore wrote this unique book, continues with coaching, and is further enlightening Boomer women by leading a series of workshops on Vancouver Island.

Work On Your Own Terms is available on Amazon, and proceeds from her sales go to support www.Kiva.com, and www.GabriolaCommons.ca.

For more information about the book, the author, upcoming workshops, and a pending Women's Retreat, visit www.WorkOnYourOwnTerms.com.

About Janine Moore:

Janine Moore is a speaker, author, and multi-faceted life coach who empowers women to make positive changes in their lives. She is author of ***Work On Your Own Terms***, and ***Create Career Joy***.

For over twenty years, she has been a career counsellor, both employed, and as an entrepreneur, and has helped hundreds of women make life-altering career choices. Janine's books, workshops, and coaching, are all focused on encouraging women to make powerful changes to fulfill a life of their dreams.

Janine holds a Master of Arts degree in Leadership and Training, and has extensive counsellor training. Devoted to life-long learning, she is also a qualified instructor of the Myers-Briggs Type Indicator, and is certified as a Life Skills Coach, Seniors Advisor, and Retirement Coach.

Janine lives on Gabriola Island in British Columbia, Canada, with her husband Tony, and little dog Newman. When not traveling around in their RV, she can be seen and heard singing, dancing, or playing out-of-tune songs on her ukulele.

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