

Making a career of jobs

TRANSITIONS: Redondo Beach planner uses her passion to help others find "a vision" for new directions in life.

By Muhammed El-Hasan
DAILY BREEZE

Sick of your job? Need something more fulfilling?

Redondo Beach career planner Mary Lyn Miller says she can change not only your career, but your life.

The Redondo Beach resident runs Life & Career Clinic out of her home office, where she devises strategies for clients to get the most out of their work lives.

Miller's first client was herself.

She was diagnosed with bladder cancer in 1986. That's when she looked back at her career — her corporate communications work for a firm in Los Angeles, and her private consulting on writing resumes.

"Despite the fact that I was an entrepreneur and an executive at a very early age, and I had the trappings of success, I wasn't happy," said Miller, 57. "When I got the cancer, I realized that I needed something more in my life because I wasn't getting up in the morning excited about what I was doing."

After two years of research into the career development field, Miller started Life & Career Clinic in 1998. She uses a seven-step process to help people find what type of career can unleash their passion.

"The process that I have is moving past what you ought to do or should do to what you really want to do with your life," Miller said.

To learn more about Miller's approach to career development, visit www.l-c-c.com.

■ **Have you ever had a situation where someone is obviously not qualified for or capable of the profession he aspires to?**

If somebody has a deep desire to do something, there's a reason for that. Maybe you're not going to be a film director. Obviously if you have that desire to be a film director, maybe there is going to be some ways to express that in ways that are more



ROBERT CASILLAS/DAILY BREEZE

"Everybody has a deep wellspring of passion," says career maker and author Mary Lyn Miller.

practical. It's not so much about the job or the career as it is about how you meet those needs.

■ **What was one of the most challenging cases you've ever had?**

I had a woman who was agoraphobic. She wouldn't leave her house and had never worked a day in her life. She had a trust fund. Today, she is a top ranking sales person. Certainly, it was not all my doing. She

underwent counseling. We provided resources that she needed and we also provided her with a community (of people who want to change careers) to tap into that was safe so she had the security she needed to make the transition.

■ **What's the best part of your job?**

Everybody has a deep wellspring of pas-

AT WORK: Planner helps with midlife career changes

FROM PAGE C1

sion, and it's wonderful to uncover it and see the lights go on, opening a vision for somebody that they've been struggling to get for a long time.

■ **What kind of people seek your services?**

My market is midlife career changers. People come to me when they're in a crisis — laid off; see the writing on the wall; see that something bad is happening; there's a change at work; they hit the wall with frustration. There's some kind of conflict going on that they have to resolve. Sometimes, people come to me because they're getting ready to retire and want to figure

out what they're going to do with the rest of their lives.

■ **What's the worst part of your job?**

When you have people who want the change but they're really unwilling to do anything to change their lives.

■ **What advice would you give someone who wants to enter this field?**

Work on your people skills. It's a great field for somebody who wants to be in the help profession. It's really about compassion and about developing a relationship with another human being.

At Work profiles a South Bay employee or worker each Tuesday.