

Career Opportunities

Rewarding Careers Are Out There If You Know Where To Look

(NAPSA)—According to recent Department of Labor reports, the downturn in the economy has ripped the job security blanket right off more than half a million Americans, bringing the unemployment rate to the highest it's been in nearly a decade. According to Cheryl Gilman, career expert and author of *Doing Work You Love*, you can find a stable and fulfilling career even in today's economy by focusing on jobs that are recession-proof.

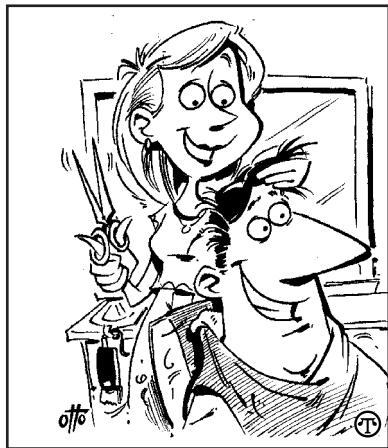
"To find a recession-proof job, look to industries that offer a product or service that is always in demand, regardless of a slowing economy," says Gilman. While many groan at the thought of working in typically "stable" industries like banking or manufacturing, Gilman stresses that a secure career need not be boring. In fact, many recession-proof industries are known for their creativity and hands-on activity. To find a job that is right for you, Gilman recommends that job seekers leverage their talents, interests and goals when hunting for jobs.

Gilman's top three picks for exciting recession-proof jobs follow.

Hairstyling

There is currently a hairstylist shortage, so careers in this field are not only creative but also accessible. Men, women and children will always need haircuts, and will continue to receive additional services as an affordable indulgence.

Working at a national chain like Supercuts can be a great choice because the company offers



training and career growth, the security of a salary and generous benefits packages, which translate to job stability.

Cooking

Cooking is an art form appreciated by all, and opportunities in the industry abound—from restaurants to corporations to catering companies. The food industry is necessary in any economy, and many view dining at restaurants as an inexpensive luxury.

Childcare

Working with children is a "feel good" job that requires plenty of imagination and creativity, and as more families have both parents in the workforce to make ends meet, childcare will become more important than ever. Opportunities exist in daycare centers, after-school programs and through nanny agencies.

Most important, Gilman advises job seekers to keep their enthusiasm levels high and focus on what's most important—finding work they'll love.