



Wednesday, June 07, 2006

Toronto
currently
2°C
Latest Observation
weatheroffice



workology

WORKOLOGY SEARCH

SEARCH

- :: Home
- :: News
- :: Entertainment
- :: Movies
- :: Lifestyle
- :: Driver's Side
- :: Your Money
- :: Books
- :: Workology
- :: Travel
- :: Moving Up
- :: Sports
- :: Columnists
- :: Tech
- :: Special Section
- :: Letters to the Editor
- :: Contact Us
- :: Advertise with Us
- :: About Metro

Read today's Metro...

- [Toronto](#)
- [Vancouver](#)
- [Ottawa](#)
- [Montreal](#)

Advertise with Metro
And Reach Out to the GTA >

Retreat spins new job paths

PUBLISHED JUNE 6, 2006



LORENA HARITO FOR METRO TORONTO
Mark Franklin runs CareerCycles, a career renewal retreat.

Wouldn't it be fun to bike, hike, counsel others, and get paid for it? For Mark Franklin, his work is just that. Franklin leads CareerCycles, a three-day career renewal retreat that gets people away from the regular day-to-day routine and allows them to reflect on their career paths.

It integrates career counseling with physical activity in a natural environment. "People forget they are part of the world," says Franklin. "When people take a hike it reminds them of their place in the world and it's a change of perspective."

CareerCycles helps those who doubt their career, need a change or are stuck in their career.

Franklin, who is a career counselor at the University of Toronto, leads up to four retreats throughout the summer. He says the biggest challenge is to contain people's career frustrations, and counsel them in a professional but gentle manner. "It's a challenge, but I'm up for it."

Why is Franklin the guy to do this? He has spent 12 years of his career doing a variety of jobs. He underwent a career change when he switched from being an engineer to a counselor. "I've worked with a lot of clients and governments and software."

Franklin came up with the idea of CareerCycles while leading a bicycle trip across British Columbia. He had a conversation with a lawyer who, after being on a career getaway himself, had changed his life. "And in that instant I had an 'aha' moment and I finally got it," says Franklin.

He felt he could be the guy who could combine the career conversations he was already learning about with the process of getting away. "This was an idea that was too good to drop," he says.

With his experience in career counseling, some research, and advisory groups, Franklin held the first retreat in June 2001. One of the participants, Louise Lefort, decided to go after losing her passion for her job. Two years later she went from being a physician to becoming a medical officer and attributes the career change to the rest and relaxation she achieved on the getaway.

Franklin reminds people that if you are frustrated with your career, it's important to go for a checkup and speak to a career counselor. He says it's important to review what is important to you, and what you do not like about your current job situation. Franklin encourages people to be curious and explore their opportunities.

The next getaway will be held on June 22 to 25 in Prince Edward County. For more information check out <http://www.careercycles.com/>.

LORENA HARITO FOR METRO TORONTO

want to know more?

• CareerCycles will hold a free information session this Thursday at 6 p.m. in the Distillery District at Balzac's Coffee (Trinity Street and Mill Street). For more information call 416-465-9183.

[<< Back](#)

Workology Columns



ASK JILL
Jill Andrew
A down-to-earth question-and-answer column that focuses on the workplace and school.
[Read column >>](#)



EMPLOYMENT LAW 101
Daniel A. Lublin
An animated look at how a better understanding of employment law can influence how and what we do at work.
[Read column >>](#)



THE GRADUATE
Kavita Gosyne
A recent graduate's view on the trials of making the transition from school to work.
[Read column >>](#)



THE THREE-MINUTE MENTOR
Cy Charney
Sound advice for the working person.
[Read column >>](#)

ON THE MOVE WITH ENZA
Enza Supermodel
Metro's columnist catches up with readers and riders.
[Read column >>](#)

[Learn more about our other columnists >>](#)

QUICK METRO LINKS



- [Today's TV Guide](#)
- [Patio Guide Listings](#)
- [Entertainment Listings](#)
- [Letters to the Editor](#)
- [About Metro](#)
- <http://www.metropoint.com/>

This site is updated regularly, so check back often.

(C) 2006 Metro | [Privacy](#) | [Website Feedback](#) | [Site Map](#) | [Advertisers click here for their sheets](#)