



CAREER-MUMS
LIBRARY

1ST
EDITION



**5 THINGS TO THINK
ABOUT BEFORE
APPLYING FOR A JOB**

**A SHORT GUIDE FOR PARENTS RETURNING
TO WORK AFTER A CAREER BREAK**

SALLY DHILLON

1.

Know Your Motivation



What do
you
want?

Who are
you doing
it for?

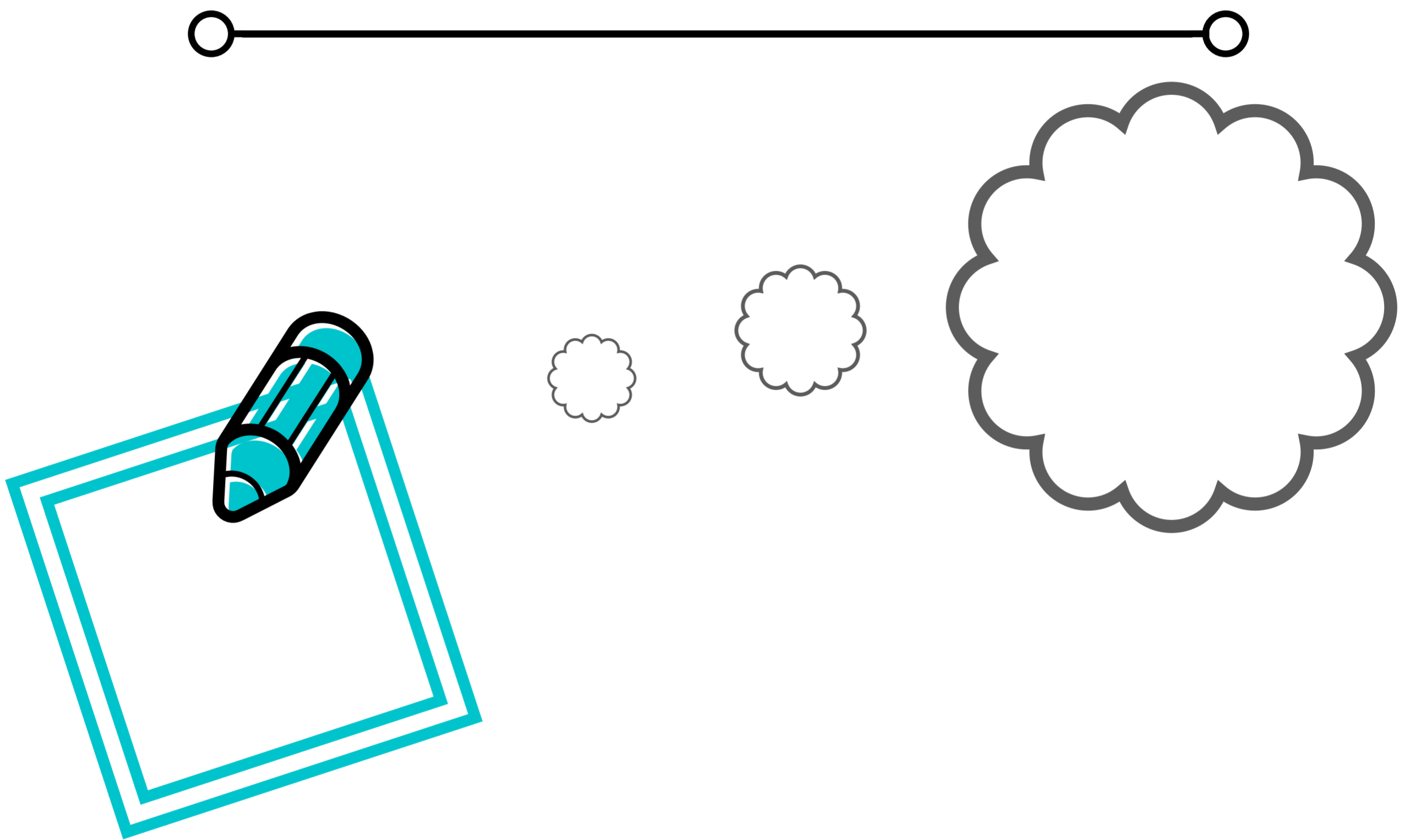
What's
important
to you?

So, you're thinking about returning to work after a career break? Maybe you've taken 6 months out of the workplace, six years or 16. Whatever the length of the career break, you may have come to a point in your life where it just feels like the right time to get a job, do something for yourself or feel the pressure of the need to earn.

Whatever your reason, it is important to know what your motivation is - this will help you target specific roles, help you to secure your ideal job and feel good about it.

2.

Know What You Want



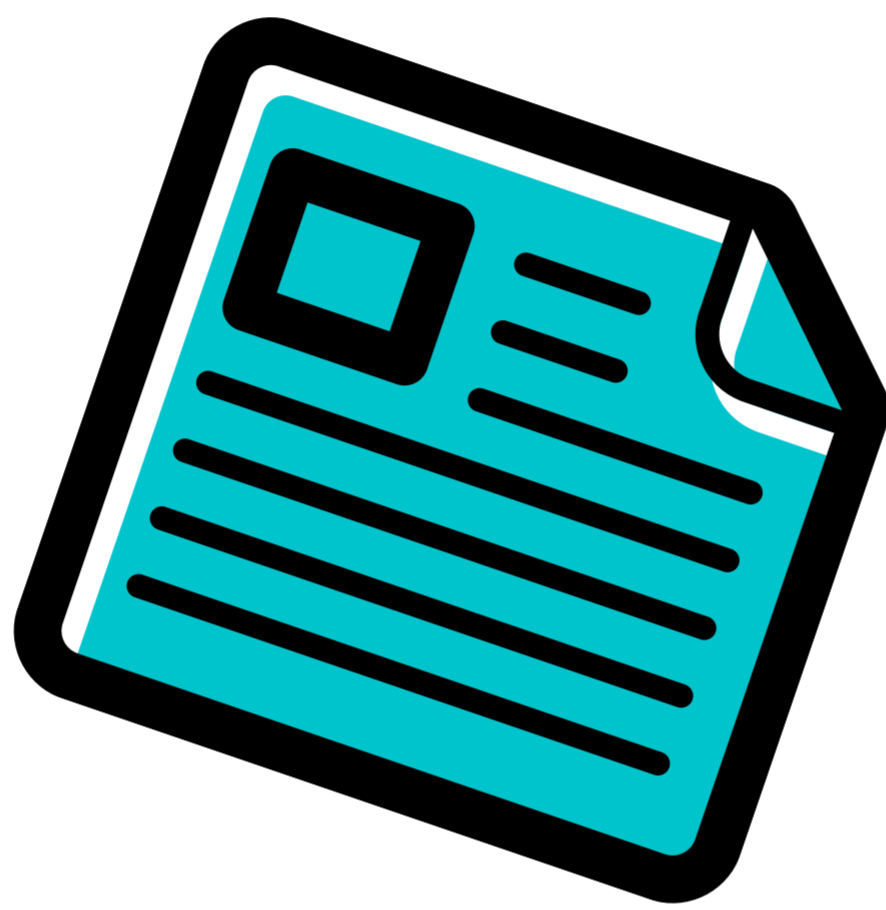
It's important to know what it is you want.

It's useful to write yourself a "shopping" list of your wants and desires. This may include the type of job or profession, location, working hours, salary level, benefits, travel time, management style, and so on.

Which are the priorities? What are your undesirables? Once you've written this list - imagine yourself doing everything on the list, is it still what you want?

3.

Consider All Options



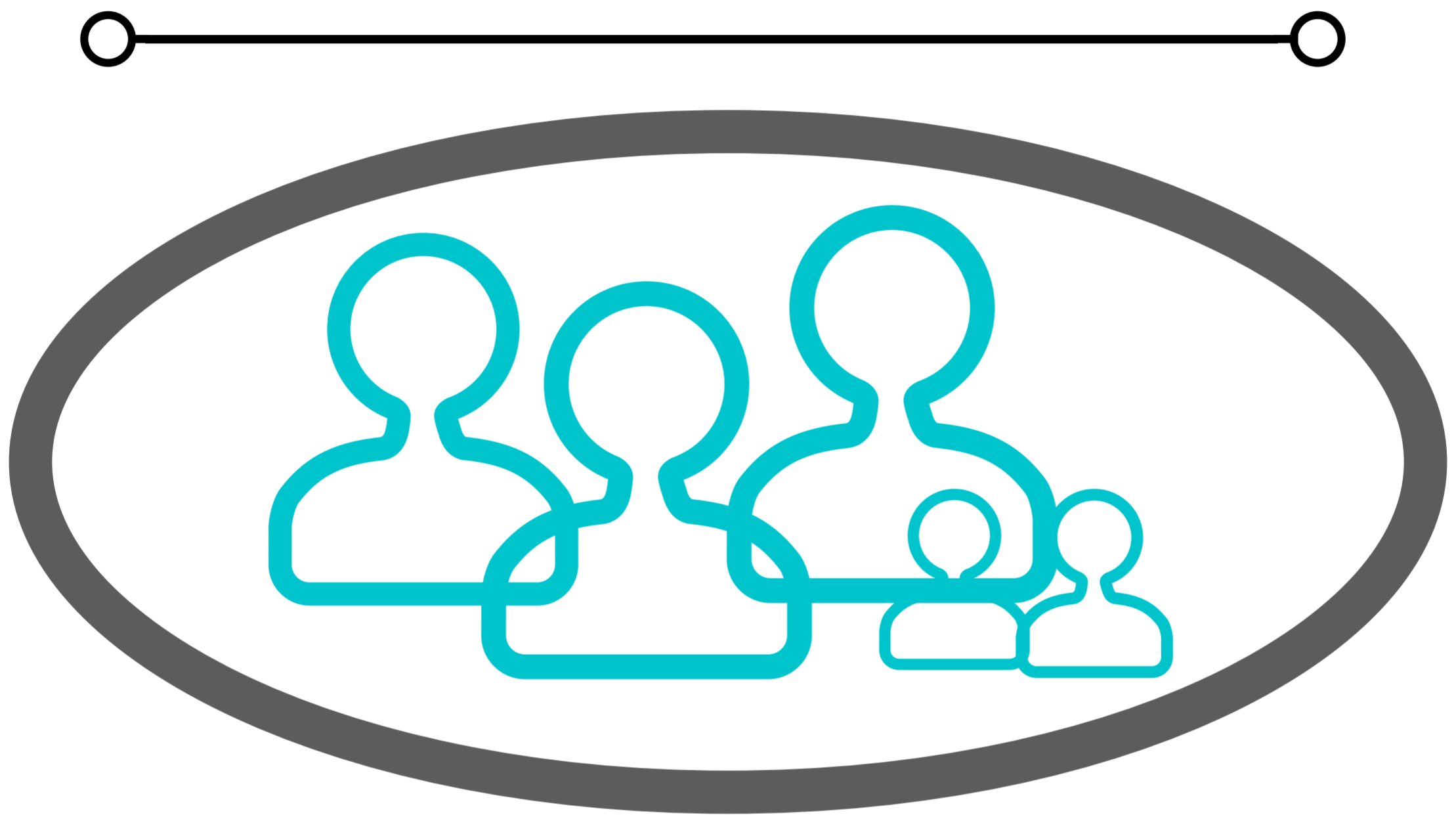
Relaunching your career after a break does not automatically mean returning to the same job as you had prior to your career break.

The world may have moved on since you last worked, You may have changed during your career break.

Broaden your horizons and think of all the possibilities. Have you considered re-training for a new role, setting up your own business, doing freelance work, getting work experience before committing to a new job?

4.

Create a Support Team



The chances are that there will be an impact on other people of you ending your career break.

Maybe you have had a career break to raise young children or care for sick relatives ... whatever the reason, other people will be affected by you returning to work.

It is important to delegate, prioritise, outsource, handover, involve, share, let go of all things that you have been doing whilst not employed so that you have time to work. Create a supportive team around you to make it happen.

5.

Be Confident



Do your research, do your planning, update your cv, practice your interview style, dress for the job that you want, make the best use of all your contacts and, most importantly, be confident.

Employers won't offer you a role unless you can show that you have the confidence to do the role; people will not buy from you unless you demonstrate confidence in your product or service.

The difference between success and failure is being confident that you will relaunch the career that you want and deserve.

Relaunch your Career with our

Return To Work Workshops

Return to Work Coaching

"The workshops were hugely beneficial - lots of practical tools to put my vision of setting up my new business into action"

Elizabeth,
EMConsulting



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