



Women returning to Work after an extended absence

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Discussion Points

- My Value
 - Accessing & recognising skill set
 - Celebrating life choices & identifying new skills developed during break
 - Moving beyond psychological barriers & limiting beliefs to new career
- Talking about my return
 - Communication about self & skills
 - TRC questions to consider and take away
- Returning to work
 - What do I need to do
 - How do I return? Mindset, CV & Network
 - Helping others

My Value

- What skills do I have?
 - Previous roles
 - New skills developed during period of absence
 - Which skills are transferable?
 - Which skills excite me?
- Discuss
 - New skills developed during period of absence
 - What new insights / skills can come from a break?

My Value

- How do I actually feel?
 - How do I feel about myself?
 - How do I feel about my skills?
 - Am I excited to talk about the next phase of my career?
- Discuss
 - Where am I now?
 - Where do I want to get to?
 - How do I want to feel about this?

Talking about my Return:

- How am I communicating about this break?
- Do my sentences inspire confidence?
- Can I talk about my skills and value confidently and succinctly?
- Can I talk about where I am heading with confidence?

- Try these:
 - I am very good at X
 - The greatest value I add is when X
 - I strongly believe that.....
 - The next phase of my career will see me.....

TRC Questions to take away

- How are you going to frame conversation when you talk about yourself & your break?
- Are you able to talk succinctly and confidently about your developed and new skills?
- What mindset do you currently have?
- What mindset are you going to create for the next phase?

Returning to Work

- Practical advice:
 - Network – get out there
 - CV – am I happy with it? (Do I *want* to talk about it?)
 - Other avenues for finding work?
 - If I am returning to the same job/place – think about internal networking strategy
 - Coaching – shift mindset (if needed) to where I want it to be
- Once I am in
 - Help myself through ongoing Networking
 - Help myself through ongoing listening (what does the business need, can I help?)
 - Champion Women Initiatives
 - Provide mentoring to others
 - Coaching

Further reading & resource

www.theresultscentre.com

Thank you

