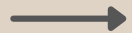


5 Essential Steps to Get Back into the Workforce

A PRACTICAL GUIDE FOR MOMS



01

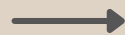
Recognize Your Strengths & Experience

You've gained incredible skills through every season of life--whether at home, through volunteer work, community involvement, or personal projects. It's time to honor all the valuable experience you bring to the table.

Actions

- ✓ List out the skills you've built while away from traditional work—like budgeting, communication, and time management.
- ✓ Think of real moments where you used those skills, like managing schedules or leading projects.
- ✓ Practice telling your story with confidence, highlighting what you gained, not what you missed.

The skills you've gained are real, transferable, and deeply valuable.



02

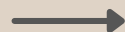
Get Clear on What You Want

Before updating your resume or applying, take a moment to get clear on what you want.

Actions

- ✓ Write down your "must-haves"—like flexibility, salary, or company values.
- ✓ List a few industries or roles that genuinely interest you.
- ✓ Ask yourself: What kind of work will feel good and fit my life right now?

When you're clear about what you want, it's easier to find the right fit.



03

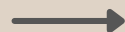
Refresh Your Skills & Knowledge

Even small skill updates can boost your confidence and show you're ready.

Actions

- ✓ Pick 1–2 skills to sharpen based on what's needed in your field.
- ✓ Take a short online course or watch a few tutorials.
- ✓ Follow industry leaders, podcasts, or blogs to stay in the know.

Staying curious and learning keeps you competitive—and confident.



04

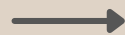
First Impressions Matter— Let's Make Yours Strong

Even small skill updates can boost your confidence and show you're ready.

Actions

- ✓ Update your resume to highlight your skills and any recent learning or volunteer work.
- ✓ Refresh your LinkedIn profile to show where you're going, not just where you've been.
- ✓ Collect a few testimonials or references from people you've worked with, even informally.

Your story shows resilience and growth—own it with pride.



05

Build and Tap into Your Network

Opportunities often come through people--not just applications.

Actions

- ✓ Reach out to friends, old coworkers, and new connections.
- ✓ Join groups and communities that support women returning to work.
- ✓ Say yes to lunches, webinars, and networking events—you never know who you'll meet.

One conversation can open a new door.



You're Closer Than You Think

Every small step you take builds momentum.

- You don't have to do everything at once--you just have to start.
- You already have the strength, the skills, and the heart to create your next chapter.
- Trust your journey. Celebrate every move forward. And remember: you are not alone.

You've got this—and we've got you.

