

The Job Hunt - Tough for Some, Seemingly Impossible for Others

WASHINGTON -- Despite a recent dip in nationwide jobless claims over the past few weeks, job-seekers everywhere are still facing stiff competition at every level of the job search. Among those finding it difficult to measure-up against the surplus of talented candidates are stay-at-home moms looking to rejoin the workforce -- and to them, the prospect of competing in this environment is a harrowing feat.

"What I'm seeing is a dramatic increase in stay-at-home moms who have been out of the workforce for months, often times years, and immediately assume that finding a position in today's market is impossible for them," says Carolyn Thompson, president of CM-CS, a leading executive recruitment firm in the Washington DC area, and notable author on the subject, "But that's simply not the case - For everyone job hunting today, especially the moms, the key is a well formulated strategic approach - one that differentiates you as a candidate and accentuates your uniquely valuable experiences as a person."

Carolyn has composed a list of insightful tips to help women transitioning back into the workforce:

- **Be confident in explaining that you took time off to start a family**
- **Be flexible and willing to negotiate**
- **When you do land your job, get up to speed quickly**
- **Keep one calendar for work and one for personal use**
- **Have a back-up plan and alternative help for unexpected events**
- **Consider starting a home-based business**

(Visit her blog www.jobsearchjungle.com for the complete list)

"It's a tough decision to re-enter the workforce -- Whether it's because your family needs the income or because you're ready to take on corporate challenges again, you feel torn between the responsibility you have to your family and the obligations you accept with your new employer," says Carolyn.

For job-seekers with specific questions or in need of assistance polishing a resume, finding a job or preparing for interviews, on-demand webinars, publications and other resources can be found on both of Carolyn's websites: www.carolynthompson.net and www.cm-cs.com.

Carolyn Thompson is available for interview.

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