

Tips for Stay-At-Home Moms Transitioning Back Into The Workforce

For many of today's unemployed, the idea of rejoining the workforce in an economy such as this one seems nearly impossible. Among those finding it difficult to measure-up against the surplus of talented candidates are stay-at-home moms -- and to them, the prospect of competing in our constricted job market is a harrowing feat.

"Stay-at-home moms looking to get back to work after months, or even years, often assume there's little hope" says Carolyn Thompson, a leading expert on careers 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 the candidate and accentuates their uniquely valuable experiences as a person.

A few tips for moms on the hunt:

1) Have confidence when explaining that you took time off to start a family

There's no need to pull out the family photo album in the interview, but it's ok to have a gap in employment and you should feel free to explain that you took time off to start a family.

When you organize your resume, make sure relevant work experience that you intend to carry forward figures most prominently on the first page.

2) Be flexible and willing to negotiate

Many people who leave behind high-powered careers want to return exactly where they left off. Unfortunately, most employers will not be willing to pay for someone lacking the most recent, up to date experience.

Be flexible with compensation and stay open to the fact that there will be a learning curve, regardless of how smart and hard working you are. With time you will get back to where you want to be.

3) When you do land your job, get up to speed as quickly as you can

Relentlessly absorb information and go above and beyond to make an immediate impact. Set aside time to read up on industry news and stay abreast with relevant trade publications.

4) Have a back-up plan to manage unexpected events

Some employers will have a 90 day to 6 month probationary period where you may not be eligible for personal leave or sick time. Realize that your new employer may not look favorably on you taking unplanned days off before you have accrued leave and plan ahead of time for how you will manage unexpected emergencies, both large and small.

5) Consider starting a home-based business

If the thought of going back to an office and giving up the joy of raising children is just too much for you, consider starting a home-based business.

Working from home will give you to spend more time with your family and allow for greater flexibility in your day-to-day life. Additionally, by owning your own business, you develop new skills and experience that can later be carried into an office.

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Carolyn is available to speak further on any of these tips and is happy to share advice about job and promotion hunting.

About Carolyn Thompson:

With over twenty years of executive recruiting experience, Carolyn Thompson is Washington DCs leading careers expert and the author of three books:

Ten Easy Steps To A Perfect Resume
Ten Steps To Finding The Perfect Job
Ten Secrets To Promotion

In the past year, Carolyn's job-hunting advice has appeared in stories by CNNMoney.com, MSNBC.com, The Wall Street Journal's: Laid Off And Looking Blog, The Washington Post, NPR's The Diane Rehm Show, and others.

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