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# Back to Your Future

#WRConf #womenreturners

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# Workshop
# Find your Career Compass

Facilitator

Karen Danker
Head of Coaching, Women Returners

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# Why Return To Work?

Financial security

Role model

Social dynamics

Mental stimulation

Professional identity

Equal footing with partner

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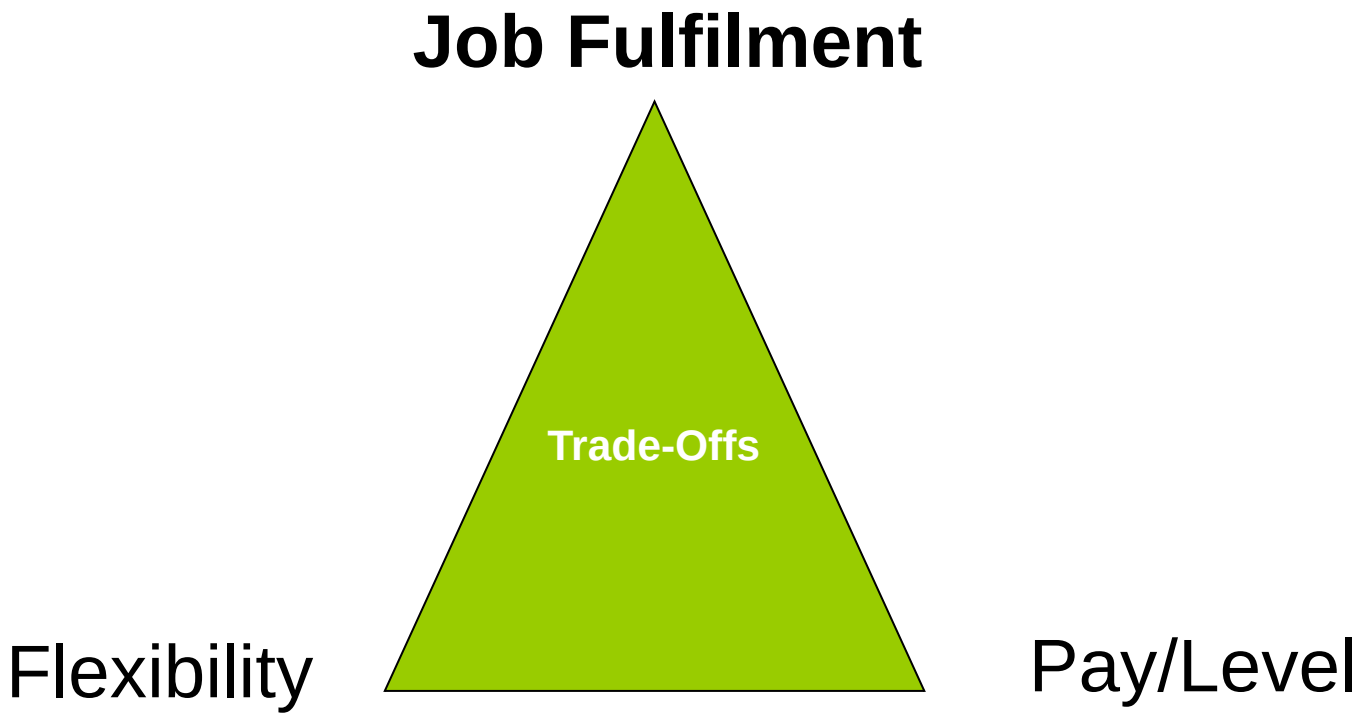
# What Do You Want To Do?

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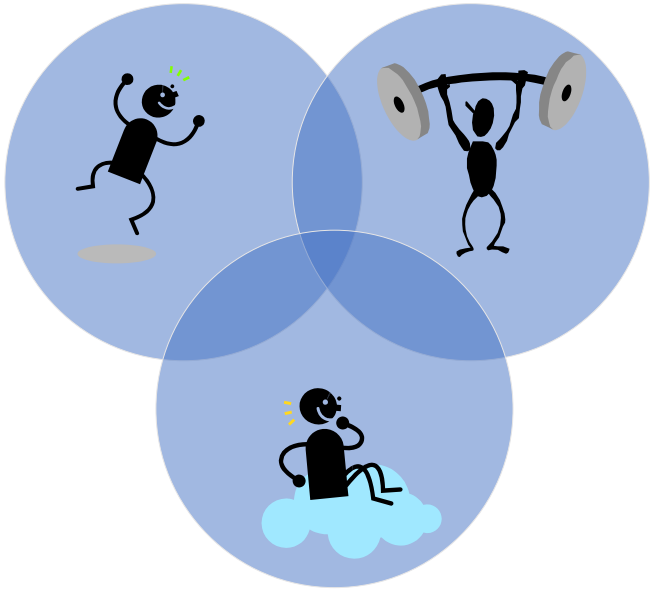
# Core Components Of Job Fulfilment

Linked with your **Interests**



Using your **Strengths**

In line with your **Values**

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# Job Fulfilment – Using Your Strengths

*What you are good at AND energised by*

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# Specific Strengths

| | |
|---|---|
| **Attitude**<br>❖ Enthusiasm - energiser<br>❖ Self-assurance<br>❖ Flexibility<br>❖ Positivity | **People**<br>❖ Directing others<br>❖ Collaborating with others<br>❖ Developing others<br>❖ Connecting others<br>❖ Influencing others<br>❖ Relationship building<br>❖ Networking |
| **Ideas**<br>❖ Generating innovative ideas<br>❖ Implementing new ideas<br>❖ Analysing to solve problems<br>❖ Future visioning<br>❖ Strategic thinking | **Execution**<br>❖ Making rapid decisions<br>❖ Planning & arranging others<br>❖ Organising & structuring<br>❖ Driving self/team for results<br>❖ Managing complexity |

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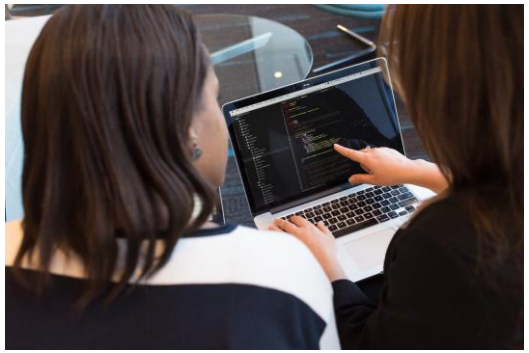
# Job Fulfilment - Work Values

Financial reward, Security, Status

Recognition

Challenge/Expertise



Developing self, others

Making a difference

Balance

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# Job Fulfilment - Your Interests

- What do you enjoy doing?
- What aspects of past jobs, volunteer work or CB projects most interested you?

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# Career Compass - Returner X

Decision making criteria for Returner X's next role are:

Job Fulfillment:

✓ **Strengths**: Relationship building, advising, connecting

✓ **Values**: Role model, financially contributing, meaningful work

✓ **Interests**: People development

Other elements of Trade-off Triangle:

✓ **Flexibility**: Flexibility within hours

✓ **Pay/Level**: Competitive pay

and

✓ Environment: Small dynamic company

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# How - Exploring Options

- Tell your story to gain clarity
- Build support groups
- Use your networks to learn about, and test the reality of ideas
- Look for work/volunteering experience
- Create your own lucky breaks

## Stop thinking & start doing!

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# Workshop
# Boost your Professional Confidence

Facilitator

Stephanie Rix
Coach, Women Returners

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# What is great about me?

- What am I really good at?
- What skills and qualities have I developed on my career break?
- What am I like when I am at my best?
- Where can I add the most value at work?
- What did former colleagues & managers appreciate about me?
- What experience do I bring?
- Why do people like to work with me?

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# Write 2 sentences about yourself

- I'm really great at…..
- People often tell me…..
- People choose to work with me because…..
- The feedback I've had from colleagues is….
- One of the key things that I bring is……
- I'm at my best when…..
- I'm particularly good at…..
- I really enjoy…..

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***Confidence***:
Feeling sure about your abilities, qualities or ideas

***Courage:***
When you decide to do something difficult or dangerous, even though you may be afraid or doubt yourself

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**“Inaction breeds doubt and fear. Action breeds confidence and courage”**

*Dale Carnegie*

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# Workshop
# Improve your Self Marketing

Facilitator

Kate Mansfield
Senior Coach, Women Returners

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# Prepare your Self-Marketing

Aim: professional, credible & convincing

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# Return-to-Work Self-Marketing

- What's YOUR business case?
  - What expertise do you bring?
  - What differentiates you?

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# What is your Expertise?

**Experience & knowledge**

- Years & fields of experience
- Brand name companies
- Specialities
- Headline achievements

**Wildcards**

- Sports/Hobbies
- Countries & languages
- ???

**Qualifications**

- Professional focus

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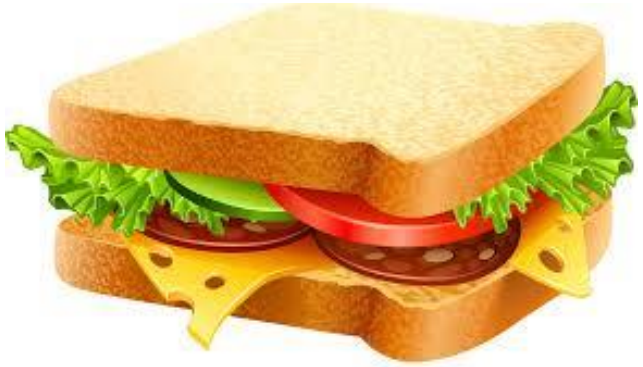
# Craft your Introduction



Background | Career Break | Current

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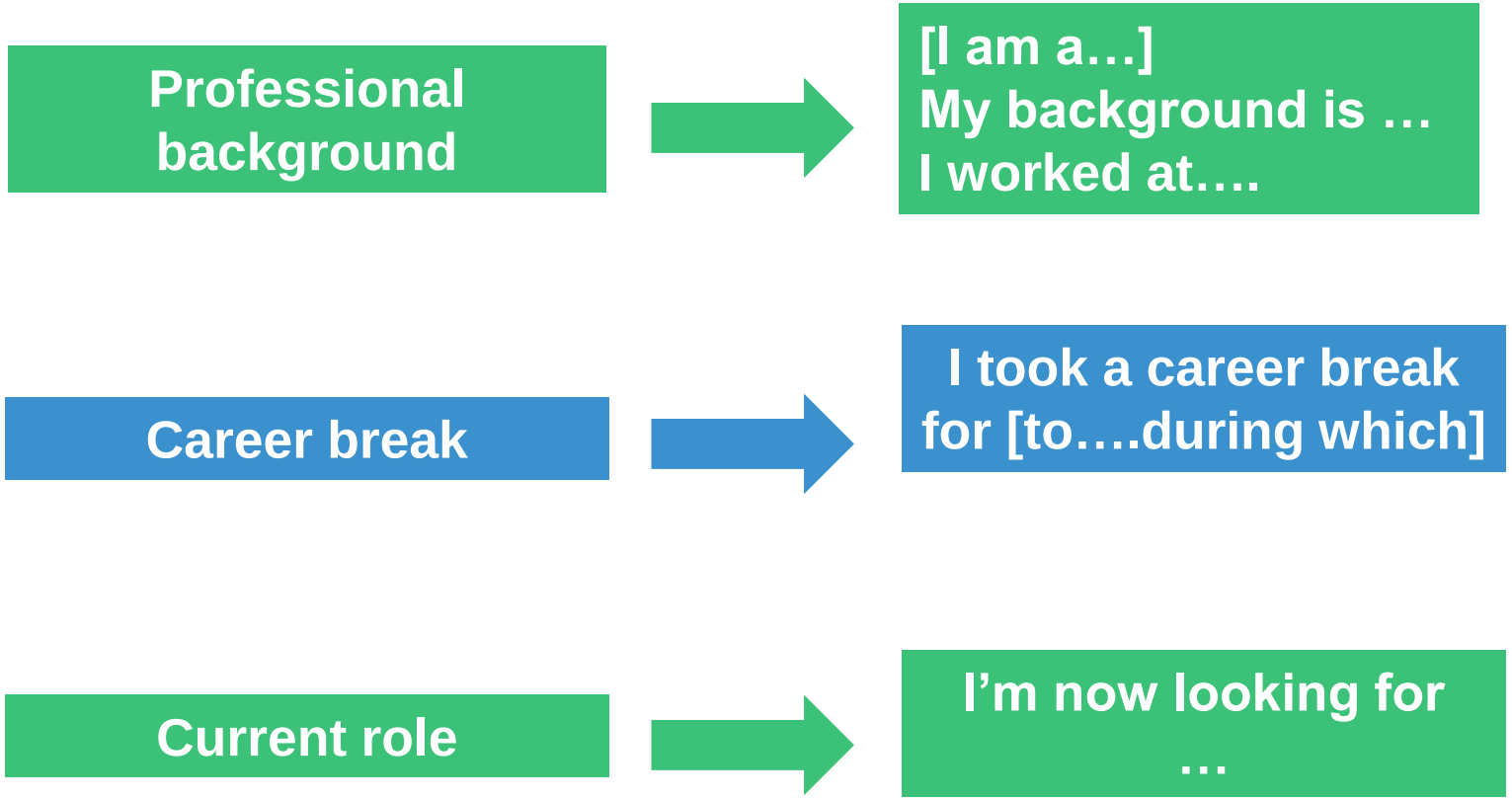
# Prepare your Professional Introduction




Aim: Professional, Credible, Convincing & Authentic

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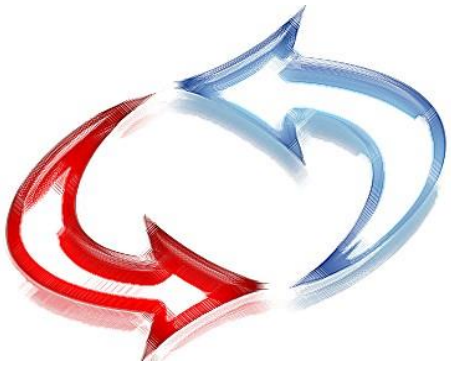
# Uses of Career Break Sandwich



- Social introduction (30 seconds)
- Networking introduction (1 minute)
- “Tell me about yourself” interview question (2-3 minutes)
- CV & LinkedIn profile

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