



10 TIPS FOR MOTHERS RETURNING TO WORK

Coming Spring 2013

As Mother's Day is around the corner, this month's tip sheet was compiled by one of our very own working moms, Miranda Vande Kuyt.

- 1. Warn family members.** Changes are coming; you'll need to help your family understand how responsibilities and routines may shift. Reassure them of what will stay the same in the process.
- 2. Abandon "mom guilt."** Many mothers struggle with worry and guilt about the decision to work outside the home. Stop worrying about what might happen or what others may think, consider your own priorities, and make the best decision for your family.
- 3. Find good childcare.** If you have small kids, leaving them with someone you don't know can be one of the scariest things. Take time to find someone you trust and with whom your children will feel comfortable. The cost of good childcare may be intimidating and may also impact your salary requirements, but the peace of mind is worth it.
- 4. Visit a Career Development Practitioner (CDP).** If you're starting a new career, some guidance can be reassuring – find a [professional](#) who can assist you. A CDP can guide you in identifying your work values, interests, personal style, and skills; deciding on a desirable job or career path; and developing a suitable plan to achieve it.
- 5. Ease your way in.** If you're wondering how you'll possibly find the time to work in your already full day, consider making a gradual transition back to full-time work - start with volunteering, working part-time, job sharing, or consulting work from home.
- 6. Brush up on your skills and knowledge.** If you're returning to the same field from which you left, identify what has changed and work to make sure your qualifications are up to date. If you're looking for new work, consider taking courses or learning new skills and knowledge independently.
- 7. Consider volunteering.** It's a great way to meet new people, learn new skills, and orient yourself to the industry you're interested in working within.
- 8. Conduct informational interviews.** Find companies you would like to work for and ask for an [informational interview](#) with a supervisor or employee to help you decide on a suitable career path and type of work environment.
- 9. Take time to find balance.** Balancing work and a family can feel like an insurmountable task but be sure to take care of yourself (e.g., eating right, exercising, and getting enough sleep). Take time to relax and enjoy your family and friends.
- 10. Remember, every job is temporary.** Choose the best option that will work for you and your family now and in the future. If things don't work out as planned, be flexible and make a new plan.



Check out these upcoming courses; just click on the course names below for more information. If you're completing a CMPP certificate, be sure to plan ahead to ensure you make the 2-year completion deadline – contact the [student advisor](#) for assistance. Make sure you read our course [catalogue](#); it's full of important information for students.

Keep in mind that we can arrange special sections of any course for intact groups, as well as facilitate workshops on a wide variety of topics. [Contact us](#) to discuss your options.

Starting soon . . .

- **Facilitating Work-Life Balance – Starts May 8th**
- **The Immigrant Experience – Starts May 15th**
- **Developing Career Programs – Starts May 22nd**
- **Career Development Foundations, Emerging Theories, and Models – Starts May 29th**
- **Job Developer - May 29th**
- **Researching Workplace Trends, Career Information, and Employment Possibilities – Starts June 5th**
- **Administering and Interpreting Career Assessments – Starts June 12th**

Our Fall 2013 schedule is now available [Click here](#) for our full course schedule.

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