



careers advice pack

1. Returning to work after a break



Returning to work – is it the right thing for you?

If you're returning to work after a career break, then you have an extra step of thinking to do before you can begin to look for a job.

You need to decide if going back to work really is the right move for you.

There's a lot to consider. What will the change mean for you, and for the other people in your life? It can be helpful to think about this by looking at the different 'roles' you play in your life and thinking about the impact that a return to work will have on those roles.

Try the coffee break exercise on the next page. It will help get you thinking about the conversations you need to have, and the adjustments you will need to put in place, before you are ready to start looking for work.



Coffee Break exercise: **THE ROLES I PLAY**

What to do:

Think about your life and the people and things in it. What different roles do you play?
Examples might include mother, partner, daughter, friend, organiser, volunteer, etc.

Step One

Note down the roles you play, and then circle the three roles that define you most.

The roles I play in my life are:

1

2

3

4

5

6



careers advice pack

Step 2.

Consider the following questions in relation to the three roles that define you most, and note down your thoughts in the spaces below:

- **How do I think returning to work will impact on this role and the people involved?**
(For example, you may have less time and energy for a particular role)
- **What conversations do I need to start having with significant people in my life?**
(For example, talk to my partner about sharing the school run or to my children about going to breakfast or after school club)

Role 1

Impact

Conversations

Role 2

Impact

Conversations

Role 3

Impact

Conversations
