

Morgan Stanley

# Career Comebacks

## Resource Guide

Stepping out of the workforce — for any reason — is a big decision. But kickstarting your career after time away can feel daunting. Here are ways to boost your knowledge and confidence around your career comeback.

### Getting Back in the Game<sup>1</sup>

Jumping back in can feel daunting. Here are a few ways to help you over that hurdle.

**RE-EVALUATE WHAT YOU WANT.** Considering a career comeback is the perfect time for a professional audit to better understand your current skills and interests. Reflect on your previous jobs and volunteer experiences to figure out what you loved most and what you're best at doing. Consider taking online courses or getting a certification for the positions you want to pursue.

**PICK THREE PEOPLE IN YOUR NETWORK TO REVIEW YOUR RESUME.** Get their feedback and edit accordingly. And don't forget to ask them to connect you to job prospects.

**KNOW THE THREE C'S.** Experts believe there are three key things to evaluate before jumping back in: Control (your schedule), Content (what your job will be) and Compensation (will I be paid what I am worth?). Knowing where you stand will help you search for the right opportunity, navigate negotiations and figure out your wants versus your needs.

**TELL YOUR EXIT STORY, NO APOLOGIES.** Practice telling your story out loud, either to a friend or by recording it. A career break isn't something to apologize for. Simply acknowledge your break and explain why you're the best person for the job. And if you need a confidence boost, just turn to people you trust for their words of support and encouragement.



### MAINTAINING YOUR EDGE<sup>1</sup>

#### **CONTINUE READING INDUSTRY TRADES.**

Keep current with the lingo, trends, mergers, innovations and key industry players. By staying in the know, you'll have a smaller learning curve should you want to jump back in.

#### **BE SOCIAL.**

Stay active on LinkedIn and other social platforms. Post comments, share articles. If face to face meetings aren't possible, schedule a Facetime or Zoom call with someone from your network. This will keep your connections fresh, as well as help you get a referral to a new job, when you decide to start looking again.

#### **VOLUNTEER STRATEGICALLY.**

Find a cause that aligns with your passions and goals — and then offer your expertise for free. For example, if you want to do content marketing, you might volunteer to help update a local nonprofit's website. Or if public relations is your desire, you might spearhead the publicity campaign for the school fundraiser.

## Call in the Professionals

There are great resources and communities, online and offline, for women returning to the workforce. Here is a short list to get you started. Be sure to check in with your local chamber of commerce to see what organizations and resources are available in your community.

- iRelaunch
- Women Back to Work
- The Mom Project
- reachHIRE
- The Glass Hammer
- Ellevate
- Power to Fly
- Corpsteam and Mom Corps

## Big Questions to Ask Yourself:

What are my career goals (short-and long-term)? What do I want for my future?  
Do I want to switch paths? Are there additional skills I need to acquire in order to do this?

---

---

---

Define my three C's: Control (my schedule), Content (what my job will be) and Compensation (will I be paid what I am worth?).

---

---

---

What kind of support do I need from a potential employer? What kind of work environment do I want?

---

---

---

How can I best advocate for myself in my career? How can I best connect with other professional women?  
List three women that I can ask for support.

---

---

---

<sup>1</sup> NBC News. Comeback career! 12 smart job-searching tactics from those who got hired during the last economic downturn, May 12, 2020.

This material may provide the addresses of, or contain hyperlinks to, websites. Except to the extent to which the material refers to website material of Morgan Stanley Wealth Management, the firm has not reviewed the linked site. Equally, except to the extent to which the material refers to website material of Morgan Stanley Wealth Management, the firm takes no responsibility for, and makes no representations or warranties whatsoever as to, the data and information contained therein. Such address or hyperlink (including addresses or hyperlinks to website material of Morgan Stanley Wealth Management) is provided solely for your convenience and information and the content of the linked site does not in any way form part of this document. Accessing such website or following such link through the material or the website of the firm shall be at your own risk and we shall have no liability arising out of, or in connection with, any such referenced website.

Morgan Stanley Wealth Management is a business of Morgan Stanley Smith Barney LLC.