

# GETTING BACK TO WORK

1

## WHAT'S CHANGED

After months or years out of work it's important to understand what's changed. Are your motivations still the same? Do you require more flexibility? Do you look for something different in an employer? Or perhaps want to utilise different skills?

Complete a self-assessment and note down the findings.

2

## FAMILIARISE YOURSELF

Take the time to familiarise yourself with the industry; a scan of any major changes, any challenges, any opportunities. Look again at your employer to understand how the business has moved forward, have they made any changes to the senior team? How does your role fit within the structure?

3

## GET A CONFIDENCE BOOST

It's normal to lack confidence after some time away, but a boost is all you need. Remember you've acquired many skills both in and out of work and these don't disappear overnight. Remind yourself of your strengths, re-engage with friends and colleagues, and master those affirmations.

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## IT'S ALL PRACTICE

You may feel rusty to begin with and interviews will be daunting, but remember that the more practice you get the better you will become. Ask for feedback, make tweaks for next time, enjoy meeting new people. Each experience will increase your chances of landing your dream job.

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## DON'T SETTLE

You've been out of work, but that doesn't mean you should settle for something unsatisfying or impractical. Keep striving for perfection (or almost!)

