

Back in Business

By
TCW -

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Have you put your professional career on hold for your kids? Diving back into the workforce after years or even decades of being a stay-at-home mom can be intimidating, to say the least.

Mary Beth Barrett-Newman, president of **2nd Career Consulting**, and Rosie Guagliardo, career/life coach at **InnerBrilliance Coaching**, offer tips on how to successfully get back in business.

SET GOALS

Ms. Barrett-Newman believes that the first step in re-entering the workforce is identifying what success will look like for you. Understanding what you desire makes it easier for you to set goals and reach them. Get to the point and ask yourself key questions like *Who am I?* and *What are my strengths and weaknesses?*

"There's a lot more going on when you're older," notes Ms. Barrett-Newman. "This actually makes you become more focused because you don't have time to ruminate over things. Since you're a busy person, you have to trust your gut more which often leads to more efficient decision making."

Ms. Guagliardo adds that an important thing to understand when going into a second career is that what you want to do today may not be what you were doing in your 20s and 30s. "Generally, people know what they don't want to do but not what they want to do," says Ms. Guagliardo. "A job on Wall Street may not be what you're looking for anymore, even if that fit you a couple decades ago. You may need to add to your skillset or receive additional schooling or certifications to do what you want to do today. Whatever it is, if it's what you want...invest in it."

BE CONFIDENT

A common mistake that Ms. Barrett-Newman watches her second career clients make is engaging in "negative self-talk." Negative self-talk is when you question yourself and tell yourself that you aren't qualified to do something that you want to do. "Turn off the negative self-talk and be confident in yourself," she urges. "Don't forget the things you've accomplished. It's about self-acceptance and seeing all the things that you already have going for you."

Ms. Guagliardo has found that driven, tech-savvy Millennials can also be an intimidating factor for clients attempting to re-enter the job market. However, she insists that older candidates have many advantages when looking for jobs that younger

candidates do not. "You are matured and seasoned in a way that someone younger isn't," says Ms. Guagliardo, "Be confident in your skillset, because someone younger can know all the technology in the world and still lack the wisdom and experiences that someone older has had. Employers see that."

ASK FOR SUPPORT

Adding a job-search and eventually a job to your list of responsibilities can be overwhelming and, at times, exhausting. Instead of tiring yourself out by trying to do a million things at once, Ms. Barrett-Newman insists that you learn to outsource and seek support from those around you. "Don't be afraid to ask for help. If you can, hire someone to take care of your kids or do the groceries," she says.

Ms. Guagliardo believes that leaning on your friends and family can even increase your chances of finding a job. "Connect with people who know you and those who you used to work with," she advises. "They are the ones who remember what you were like to work with and will want to work with you again or connect you to opportunities."

STAY CURRENT

Technology has advanced at warp speed over the last couple of decades and in order to make yourself "hireable", Ms. Guagliardo advises that you catch up to speed. "Word and Excel are important, and if you're in a field like marketing you need to know how to use Facebook, Twitter and particularly how the given corporation uses social media in their overall marketing scheme."

If you can't teach yourself and one of your tech-whiz kids isn't willing to guide you, don't be afraid to invest in a class or workshop in order to hone these important skills.

BALANCE

Re-entering the job market takes a lot of work. In order to be successful at it, Ms. Guagliardo tells her clients it must become a priority. "Don't let anyone else get in the way. If you can't juggle everything, maybe it's not the right time for you. But if it's possible, spend the time that you need doing this in order to make it happen."

Although the job hunt should be one of your priorities, Ms. Barrett-Newman insists that it should never be at the expense of your physical and mental health. "Don't forget to take care of yourself," she says. "It's a common mistake when you're getting into a new groove and it's so important. Try to subscribe a gym or do something routinely to de-stress."

By Isabella Gutierrez