

# Careers and Parenthood

- Some collective wisdom
  - Don't make careers and parenthood an either-or decision
  - Find a family-friendly employer
  - You cannot survive without a proper support system at home
  - Set realistic expectations and firm boundaries
  - Manage your time and energy
- Come back after an absence
  - Refresh your skills
  - Reframe your experience
  - Reconnect your career ecosystem
  - Reboot your self-confidence

# Overcoming Adversity

- Adversity is a normal and healthy part of any long-term career
  - Get laid off, get fired, stalled, forced into retirement, passed over for a promotion
- How to react?
  - Take a clear-eye view of the problem
  - Think of 4Rs
    - Reframe, Refresh, Reconnect, and Reboot
- Get back in touch with humanity
  - Pride may be the biggest barrier to career recovery
  - Bravado, denial, and wishful thinking are destructive