

# Career and Real Life

# 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