

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