

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