

Ask the Career Coach: Beginning the Journey of Re-Entering the Workforce

You want to relaunch your career, but how do you do it?

By [Lisa Chenofsky Singer](#)

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Dear Career Coach Lisa,

How do I begin my journey of re-entering the workforce either on a part time or job sharing basis? Although I have kept up with my professional journals and conferences, I have not worked in my field for the past several years.

P.D.

Short Hills

Your question is on many people's minds lately, ranging from the parent who chooses to take time off to care for their children and/or elder parents to the older worker who retired early only to discover their need to return to work due to the current economy.

At present, there are many programs, ranging from university and educational mini courses to MBA, and corporate sponsored "career reentry" programs. These programs target the professional wishing to return to work after a break. Access a list of programs [here](#) (pdf).

Many of these programs target both men and women. More typically, men leave the corporate workforce to start entrepreneurial ventures. If and when they wish to re-enter the corporate environment after being out of the workforce for a period of time, updating their skills becomes important in marketing themselves. Both men and women are considered "relaunchers," a term coined by Vivian Rabin and Carol Fishman Cohen of iRelaunch. These relaunchers are now highly motivated to return, and when refreshed with training, they are up to date with the latest thinking in business and leadership, and bring the maturity of judgment.

The demographics of the U.S. population are changing with the baby boomers and baby busters. Boomers will start to retire, leaving companies without the needed talent. Even if they remain longer than expected, ultimately there will be a talent gap. The baby bust generation is currently between age 35 and 45—prime ages for the next generation of leaders. Many who are seeking to re-enter the workforce are in or around this age. Smart companies are planning ahead for the next generation of leadership.

Recently, I attended an iRelaunch Career Forum held at Seton Hall University. One way to begin your journey may be to consider iRelaunch Circles. It is a series of four weekly workshops led by a career coach that's one part learning, one part coaching and one part networking and support group for women and men seeking to relaunch their careers.

When thinking about re-entry, you need to understand how you want to share or sell your story. What have you done? What have you accomplished during your non-corporate years and how do you want to market yourself now? You will probably find your next opportunity,

especially if interested in an alternative work arrangement, by networking. When someone knows you, they understand your capabilities and potential.

Begin reading the career reentry book [*Back on the Career Track: A Guide for Stay-at-Home Moms Who Want to Return*](#); it is an incredible launching tool. Please keep me posted and best wishes for your job search.

"Ask the Career Coach" is a column dedicated to those who may be in transition or wrestling with a career dilemma by providing a forum for advice. We welcome your questions. Please send them to CareerCoachLisa@gmail.com.

Lisa Chenofsky Singer is a Millburn-Short Hills resident and the founder of Chenofsky Singer & Associates LLC. She offers Executive and Career Management Coaching and Human Resources Consulting, writes and speaks on job search and career-related topics. Her web site is www.ChenofskySinger.com.