**Parent Pivot Plan**

Your Guide to Re-entering or Redefining Your Career with Confidence

**Step 1: Clarify Your Career Vision**

[ ]  What do I want my next chapter to look like?

[ ]  What kind of work fits my lifestyle (remote, hybrid, part-time)?

[ ]  What are my must-haves (flexibility, salary, mission)?

**Step 2: Identify Your Transferable Skills**

[ ]  List skills from past jobs, volunteer roles, or parenting

[ ]  Note any strengths you’ve developed (organization, communication, multitasking).

[ ]  Write 2-3 statements that describe your professional value

**Step 3: Refresh Your Resume**

[ ]  Create or update a resume that reflects your current goals.

[ ]  Strategically address any employment gaps.

[ ]  Update LinkedIn with a new headline and summary.

[ ]  Add any recent certifications, training, or volunteer roles.

**Step 4: Explore Career Paths**

[ ]  Research roles/industries that align with your skills and lifestyle.

[ ]  Consider part-time, contract, or freelance options.

[ ]  Look into upskilling if necessary (free courses, webinars, etc.).

**Step 5: Build Your Confidence**

[ ]  Write down 3 wins from parenting or past roles.

[ ]  Practice your elevator pitch (“Tell me about yourself”).

[ ]  Prepare for interviews with mock Q&As or coaching.

**Step 6: Build or Rebuild Your Network**

[ ]  Reconnect with old colleagues or friends.

[ ]  Join a professional group or parent support community.

[ ]  Attend 1–2 networking events (virtual or in-person).

**Step 7: Plan the Logistics**

[ ]  Map out your weekly schedule (include work hours, school pickup, etc.).

[ ]  Plan childcare or family support needs.

[ ]  Set realistic goals and boundaries for work-life balance.

**Step 8: Launch Your Pivot**

[ ]  Start applying or scheduling discovery calls.

[ ]  Track your job search or business goals weekly.

[ ]  Celebrate small wins and stay flexible as you grow.