**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.