

# 5 Ways to Overcome Momposter Syndrome and... “Get Back to Work!”

Hey Mama,

First off, if you're feeling like you have no idea what you're doing as you think about re-entering the workforce, I want you to know this: You are not alone. In fact, you're in excellent company. So many moms battle what I like to call “Momposter Syndrome”—that sneaky voice in your head whispering that you're not qualified, not ready, and definitely not enough.

Well, guess what? That voice is lying.

You've spent years mastering multitasking, negotiation (hello, toddler bedtime), time management, and problem-solving. You're more prepared than you think. Let's tackle that imposter syndrome head-on and get you back to work with confidence. Here's how:

1. **Own Your Skills (Even the Ones You Didn't Get Paid For)** Most importantly, just because you weren't in an office doesn't mean you weren't working. Managing a household takes serious **project management** chops. Planning meals on a budget? **Financial strategy**. Helping with homework? **Training and development**. Mediating sibling battles? **Conflict resolution**. Start seeing your unpaid labor for the powerhouse experience it is!
2. **Refresh (But Don't Undervalue) Your Knowledge** If you've been out of your industry for a while, a little refresher never hurts. Take an **online course**, listen to **industry podcasts**, or read up on the **latest trends**. But don't fall into the trap of thinking you have to learn everything before you're ready. I've been there! You already bring so much value! You are just polishing what's already there.
3. **Update Your Resume with Confidence** Don't leave your time as a stay-at-home mom off your resume. Frame it in a way that highlights your transferable skills: **organization, leadership, creativity, and adaptability**. Add any volunteer work, side gigs, or community projects you've been involved with—they all count.
4. **Practice Talking About Yourself (Without Apologizing)** Tell your kids how great you are! When someone asks what you've been doing, resist the urge to downplay it. Practice talking about your time at home with pride. “I spent the last few years managing a household, coordinating schedules, and leading my family through major transitions. I'm excited to bring that same dedication and adaptability to my next professional role.” See? No apologies. (Create your one liner now, so when

someone asks, “What do you do?”, you are fully loaded with ammunition to blow their socks off!)

5. **Start Before You're Ready** Momposter Syndrome loves to keep you stuck in preparation mode, convincing you that you need just one more certification or a few more months of research. But here's the truth: **You'll never feel 100% ready!** And that's okay. **Apply for the job, pitch the idea, send the email!** Action builds confidence.

## You've Got This!

Stepping back into the workforce isn't about being perfect—it's about being brave. You're more than ready to take this leap, and the right opportunities are waiting for someone exactly like you. So, take a deep breath, stand tall, and go get what's yours!

If this guide resonated with you, I'd love for you to join my Facebook group <https://www.facebook.com/groups/momsreturningtowork> a community of moms supporting each other as we chase our professional dreams. Let's do this together!