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## RE-ENTERING STRONG: LEADERSHIP AFTER A CAREER BREAK

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Taking a career break from leadership can feel like stepping off a speeding train. Whether for family, education, or personal pursuits, returning to work presents unique challenges and opportunities. Our goal is to help you leverage your break for growth, enabling a confident return.

This guide offers strategies for rebuilding your network, crafting your narrative, and making impactful moves. We provide tools to navigate any challenges you may encounter. Whether resuming a familiar role or trying something new, this resource supports your reinvention. Welcome to your new chapter of leadership.

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### Rebuild Your Powerbase

- ☐ Start reconnecting with former colleagues, mentors, sponsors, and peers.
  - ☐ Schedule short 15-minute virtual coffees.
  - ☐ Use this time to share where you're headed—not just where you've been—and invite their input or ideas.
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### Own Your Narrative

- ☐ Be ready with a 1–2-minute story that frames your career break as intentional.
  - ☐ Get clear on what you want to be doing going forward. Have a 30 second version and why it's what you want.
  - ☐ Highlight what you learned or gained during your time away & how it strengthens your perspective as a leader.
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### Start with Bold Micro-Moves

- ☐ Get out there. Leadership visibility and confidence build with small actions.
  - ☐ Attend one event, post on LinkedIn about your goals, or volunteer for a project in a field you're excited about.
  - ☐ Each move sends a powerful message—to others and yourself. Pick one move for today.
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### Normalize the Challenge

- ☐ Check in with yourself. It's okay to feel out of rhythm. That doesn't mean you're not ready.
  - ☐ Reach out to others who've done this before, and remember: It's not a comeback—it's a reinvention.
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### Let's Connect

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