

POLICE
**SPECIAL
REPORT**

INSIDE AUSTRALIA'S MOST SHOCKING COLD CASES

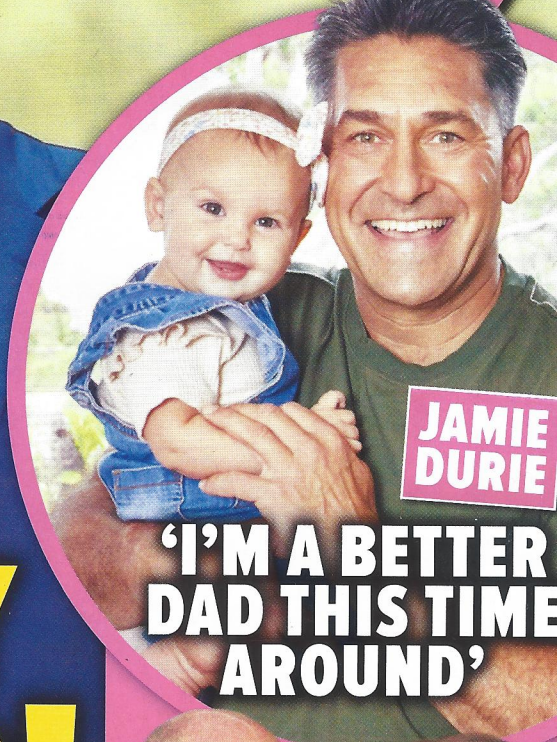
JUNE 13, 2022

Woman's Day



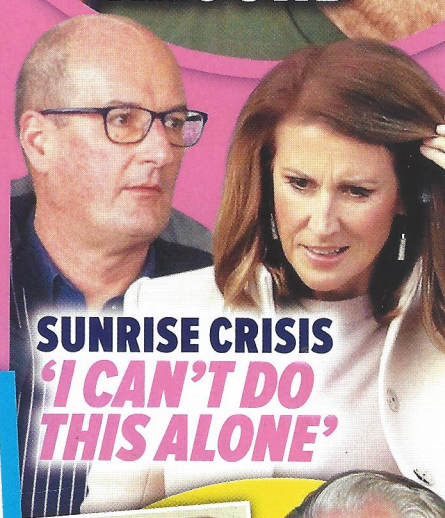
KATE & HARRY REUNITED!

'I'VE MISSED YOU SO MUCH'



**JAMIE
DURIE**

**'I'M A BETTER
DAD THIS TIME
AROUND'**

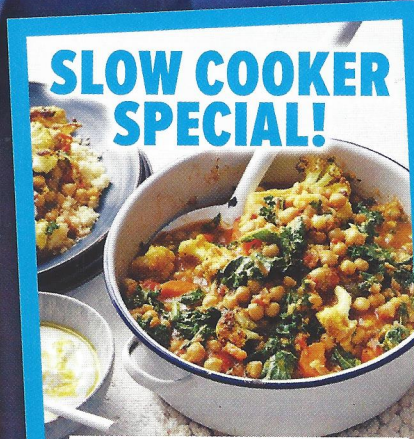


**SUNRISE CRISIS
'I CAN'T DO
THIS ALONE'**

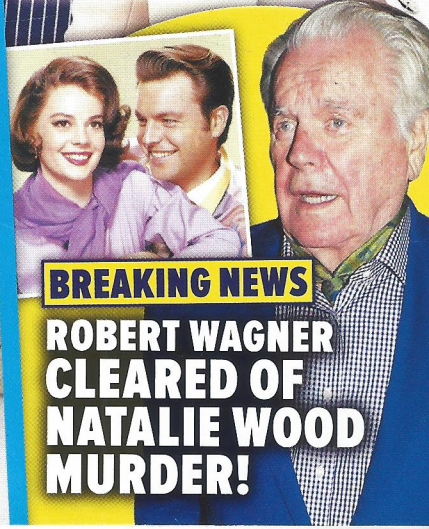


**NEVER
BEFORE
SEEN
PHOTOS**

**QUEEN
ELIZABETH'S
CHERISHED
FAMILY
ALBUM**



**SLOW COOKER
SPECIAL!**



BREAKING NEWS

**ROBERT WAGNER
CLEARED OF
NATALIE WOOD
MURDER!**

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Career

Be well with Woman's Day

YOUR ULTIMATE GUIDE TO BEING THE BEST YOU



RESTART YOUR CAREER

Thinking of returning to the workforce?
Now might be the time to take the plunge!

Whether you've been planning a return to the workforce after taking time out to look after family or you're making a comeback for other reasons, restarting your career can feel like a daunting prospect. The good news? Workplace expert Michelle Gibbings says there's

no better time than now to dust off your résumé.

"The employment market has turned a positive corner, and COVID-induced uncertainty is receding, making it an excellent time to take stock of your career and challenge yourself about what comes next," she explains.

Here's what you need to know!



CHOOSE YOUR PATH

Are you looking for a few hours of work each week or a full-scale return to restart your career? Whatever decision you make, it should reflect where you want to be in life right now.

"Each person's personal circumstances are unique, which means when it comes to your career, there is no one right way or path to follow," says Michelle.

It can also be worthwhile to look at jobs that can be done from home, especially if you have extra considerations like family commitments.

"It's about you knowing your priorities and what role you want your career to play in your life, so you return to work in a way that aligns with the life you want," Michelle adds.

KNOW YOUR SKILLS

Next, have a think about what you can bring to the table.

"Everyone brings specific skills and ways of operating to the work they do," Michelle explains. "It's essential to clearly articulate that value and how you can help an organisation, business or client achieve its objectives."

Remember that includes "soft skills" such as time adaptability, management or communication skills that are often acquired through life experience but can also be prized by employers.

It may also be worthwhile to consider adult education or training if you feel you need to brush up on your skills.

"What's valued by organisations changes over time," says Michelle. "So, when seeking to return to the workforce, if you discover a skills gap, you will want to devote time to closing the gap."



SELL YOURSELF

It's estimated that anywhere between 60 and 80 per cent of jobs are unadvertised or sourced through a contact, so if you're looking for a job it's time to reach out to people who might be able to help you.

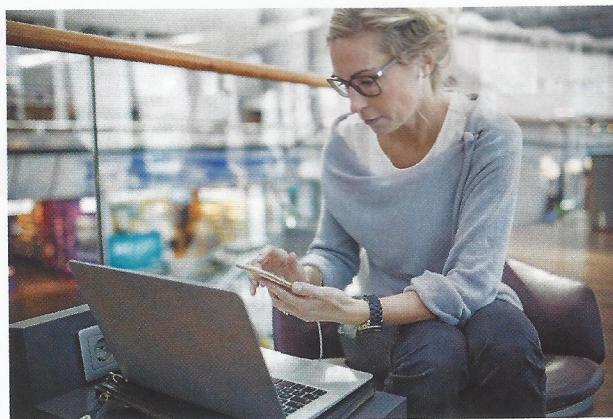
A great way to meet potential contacts and develop experience is through volunteering. "Your network is crucial," says Michelle.

If you're concerned about age discrimination, turn your extra years into a positive by focusing on experience.

"Everyone brings specific skills and ways of operating to their work," Michelle explains. "The focus is on how you package up those skills, ensure they remain relevant and marketable, and make you stand out from everyone else."

Lastly, know that it's never too late to start over. "You can reinvent your career at any age and stage of your life," says Michelle. "It starts with understanding where you are now with your career and equipping yourself for the future by identifying what can hold you back from making a career leap." Michelle Gibbings is the author of *Bad Boss: What To Do If You Work For One, Manage One Or Are One*. Visit michellegibbings.com

IT'S NEVER TOO LATE!



After a long break away from work to raise three kids, former Melbourne ad executive Tina Nettlefold defied expectations when she announced that she was starting a new career at 60.

"My friends all said it's not possible," she recalls. "I think a lot of people look at an age bracket and say, 'Oh, you're 60 so you're legally allowed to retire.' So yes, stereotypes come into play a lot."

In the midst of a pandemic, Tina launched her philanthropic homewares business T.House, a brand that enables her to tap into her creative side while also supporting charities she feels passionate about.

"I think people underestimate the value of being a stay-at-home mum," she explains. "After having some very high powered careers in a number of different fields I found it actually to be quite a challenging job."

During her time raising three boys, Tina says she picked up skills that she can now translate to her business.

"I learned a lot about tolerance and patience, being organised, learning the art of multitasking and prioritising time, wonderful skills that you can take into any business that I think are really important," she explains.

Tina's advice to anyone who is worried about starting over is to ignore stereotypes.

"I believe that we need to smash boxes and we can do anything we want to do," she says. "It's just a matter of application, consistency, persistency and drive that you're really passionate about."

SHOP FOR A CAUSE

Want to make your home beautiful while also helping others? By buying selected items from the T.House range, you'll also be giving to a good cause. All profits from the sales of this fragrant leaf room spray are donated to the RCD Foundation, a charity that is working towards eliminating paediatric brain cancer. *T.House Room & Linen Spray, \$49, thouse.com.au*

