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Taking A Career Break For Dummies Katrina McGhee,2023-10-17 Taking a career timeout could be the window of opportunity you've been looking for Taking A Career Break For Dummies shows you that a career break could be life changing Career breaks give us a chance to pause to identify opportunities and dreams focus on the things we've been missing and develop new skills This book empowers you to take the leap into your next chapter There are dozens of reasons you might want to do it but whatever your circumstance this friendly Dummies guide will help you value your own well being give yourself permission to grow and explore and reclaim your time your life and your happiness Develop your plan for taking a break from your career and for transitioning back when you're ready Set a budget for your break create a realistic timeline and make it happen Access practical tools and resources to help you on your career break journey Build a positive mindset so you can enjoy your break and return to your career feeling renewed For anyone looking for a new direction feeling burned out or longing to reignite that inner spark Taking a Career Break For Dummies is a must If you're looking for help structuring your planned time off you'll also love the hands on guidance and examples inside *Career Breaks* Lala Syer,2021-08 If you've found yourself ever asking is this the right career for me or is it time for a change then this book is an absolute must We all go through changes in our lives and this book is an invaluable resource when I'm looking to reassess my career options or looking for a change of direction Her tools advice and the ease at which she writes and explains things are so refreshing This is a wonderful book if you're looking for a new career to accelerate the one you're in or possibly take a whole new approach to how you look at your work life Whether you've been made redundant demoted need a change run your own business or are looking for work this is a brilliant book This book is for anyone who has doubts if they are on the right career path or who has found their world thrown upside down by redundancy and would like to take some time to really consider what to do next This book has been created by the author a career coach and psychologist It looks at your current career and job from many angles taking an inventory of your needs **Taking a Career Break** Joshua White,Susan Griffith,2001 This guide is written to inspire and motivate those settled into a job or career into taking an extended break to achieve some goal or ambition *Career Break Compass* Laura Nguyen,2024-11-12 Reignite your career passion with Career Break Compass a strategic guide to reclaiming work life balance through meaningful breaks complete with actionable plans and a supportive community For those grappling with burnout and the uncertainties of recovery this compass emerges as an indispensable guide offering strategic insights that navigate the journey toward renewal and a purpose driven future Dr Tamara Beckford Burnout Prevention Expert and CEO of UR Caring Docs Career Break Compass is for mid to high level executives who are high achievers and goal oriented decision makers finding themselves losing momentum and drive from overwork lack of work life balance emotional exhaustion and more By telling her own story the author shows how after recognizing that she was burned out in her career she decided to take a three month break Rather than just taking the time

off she planned that time breaking it into four sections Play Pause Plan and Pursue She felt it was essential first to take the time to disengage from work and spend time with her family in Play For Pause she spent time on her own to slow down meditate and work on herself That got her ready to Plan where she investigated her core values and how she could incorporate those into her career Pursue prepared her to re enter the workforce By interviewing others who have taken career breaks and sharing their stories Laura gives readers a wide variety of options to take their own breaks short or long There are even a series of bite sized break ideas for those who need a pause but don t have the time or money to take off for three months Each chapter ends with questions for the reader that will help them thoughtfully plan a break that works for them A QR code at the back of the book will lead readers to templates and worksheets online plus a developing community of like minded people By the end of the book readers will have the tools they need to plan and execute a career break and then return either to their existing job or maybe something completely new refreshed motivated and ready to work with a plan that will keep them from falling into old burnout traps MORE PRAISE FOR CAREER BREAK COMPASS Laura s carefully thought out strategies for taking an intentional break offers actionable and sustainable practices that will recharge you at home and in the office Fran Hauser Author Keynote Speaker Leading Career Expert and Former Fortune 500 Media Executive Laura Nguyen offers smart take you by the hand guidance to pause recharge reevaluate and ultimately reemerge to work that is aligned with your strengths and values This is the map you need when contemplating what s next Becky Vollmer author of You Are Not Stuck How Soul Guided Choices Transform Fear into Freedom *Your Career Break* Sue Hadden,2013-04-02 If youve ever found yourself dreaming of doing something different in your life that will take longer than your annual holiday allowance then a career break may be right for you Consider these questions Is there something you want to achieve that isnt being fulfilled by your work relationships or home life Are you looking for something more meaningful in life Are you looking for more worklife balance Your Career Break the how to guide is a workbook designed to guide you through taking a career break and is specifically aimed to help you determine whether a career break really is for you and why provide you with strategies to overcome the psychological barriers that may hold you back help you get specific about where you want to go and what you want to do If you re still not sure if or why you should take a career break Sue can help you make that decision The book is full of stories reasons and exercises to make you feel not only comfortable that you can do it but excited to take the plunge finally Jeff Jung Author of The Career Break Traveler s Handbook and Host of The Career Break Travel Show **How to Take a Career Break** i-to-i (Organisation),2007 *Escape 101* Dan Clements,Tara Gignac,2007-10-15 Whether the reader is an adventurer poet volunteer or someone who just needs a break Escape 101 provides a step by step system to take as much time as needed from a job career or business without losing ground

Career Pause Avis Kulesza,2021-08 If you ve found yourself ever asking is this the right career for me or is it time for a change then this book is an absolute must We all go through changes in our lives and this book is an invaluable resource

when I'm looking to reassess my career options or looking for a change of direction Her tools advice and the ease at which she writes and explains things are so refreshing This is a wonderful book if you're looking for a new career to accelerate the one you're in or possibly take a whole new approach to how you look at your work life Whether you've been made redundant demoted need a change run your own business or are looking for work this is a brilliant book This book is for anyone who has doubts if they are on the right career path or who has found their world thrown upside down by redundancy and would like to take some time to really consider what to do next This book has been created by the author a career coach and psychologist It looks at your current career and job from many angles taking an inventory of your needs

Making the Most of Your Sabbatical Leave Michael Newton, 2015-05-22 Did you know that the Bible literally commands people to take a Shabbat or sabbatical from work God took a Shabbat after spending six days creating the world and the same was ordained for ordinary people In our present society a sabbatical leave or simply sabbatical was originally granted to professors after six years of service to give them a chance to broaden their horizons beyond the classroom get a much needed break and prevent burn out Eventually corporate organizations and even some smaller companies soon followed suit too Whether you're a teacher or a company executive you're probably excited by the prospect of taking a sabbatical and considering how long and how hard you've worked you certainly deserve it This book is a must read guide providing practical suggestions on how to make the most out of this special opportunity And since a sabbatical is not only a time off from the routine but also a move that carries potential risks which can impact your career reputation and income as well I'll also explain how to best deal with these potential pitfalls so that you can fully enjoy your sabbatical without worry

Parental Leave Peter Moss, Freddy Deven, 1999 Escape 101 Dan Clements, 2007 *Women, Career Breaks and Re-entry* Wendy Hirsh, Rosemary Hutt, John Atkinson, 1985 *Leave Arrangements for Workers with Children*, 1994 Your Career Break Sue Hadden, 2013-04 If you've ever found yourself dreaming of doing something different in your life that will take longer than your annual holiday allowance then a career break may be right for you Consider these questions Is there something you want to achieve that isn't being fulfilled by your work relationships or home life Are you looking for something more meaningful in life Are you looking for more work life balance Your Career Break the how to guide is a workbook designed to guide you through taking a career break and is specifically aimed to help you determine whether a career break really is for you and why provide you with strategies to overcome the psychological barriers that may hold you back help you get specific about where you want to go and what you want to do If you're still not sure if or why you should take a career break Sue can help you make that decision The book is full of stories reasons and exercises to make you feel not only comfortable that you can do it but excited to take the plunge finally Jeff Jung Author of The Career Break Traveler's Handbook and Host of The Career Break Travel Show

Reboot Issac John, 2022-11-05 It's hard for me to say this knowing the great feedback most of my peers had for you but at this stage for our business in India we just require someone who has some more entertainment marketing experience

than you do Hence we wouldn't be taking your candidature forward for this position When Issac quit his dream job of Head of Marketing at PUMA in 2015 and took a career break to study screenwriting in New York little did he know what he had signed up for Over the next eighteen months he would face over a hundred rejections from famed brands headhunters publishers talent agencies and producers After being rejected in the final interview rounds of brands like Uber Netflix and Airbnb he slowly and steadily clawed his way back into a mainstream career Issac went on to lead a team of over a hundred people at Discovery having built their direct to consumer OTT business in Asia Pacific discovery and has authored two books all in a span of five years since that career break Over the past two years Issac spoke to more than fifty working professionals all of whom went through a break in their career for various reasons Reboot is an intimate honest and rich compendium of all those experiences mistakes lows and highs that people confronted with a career break go through It shares the message that no matter the odds you are up against a career break is always temporary and in many cases it can even prove to be life changing

Female Work Patterns Over the Life Cycle Ursula Barry,1994 **Career Break and Childcare Provisions in the Civil Service** Great Britain. Office of the Minister for the Civil Service,1989 **IDS Study** Incomes Data Services,1989 **Women Into Management** Wendy Hirsh,Charles Jackson,1990 [Encyclopedia of Gender and Information Technology](#) Eileen M. Trauth,2006 Provides a comprehensive perspective on the way gender and information technology impact each other This two volume encyclopedia contains several key terms and their definitions in order to supply readers with the an understanding of the subject

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In a digitally-driven world where screens reign supreme and immediate connection drowns out the subtleties of language, the profound techniques and emotional nuances concealed within words often get unheard. Yet, nestled within the pages of **Taking A Career Break** a captivating fictional value blinking with organic feelings, lies an exceptional journey waiting to be undertaken. Penned by an experienced wordsmith, that enchanting opus attracts visitors on an introspective trip, gently unraveling the veiled truths and profound influence resonating within the fabric of every word. Within the emotional depths of the moving evaluation, we can embark upon a heartfelt exploration of the book's primary styles, dissect its fascinating writing model, and succumb to the powerful resonance it evokes strong within the recesses of readers' hearts.

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