

# TIPS FOR RETURNING TO THE WORKFORCE

## Ways to ease your return

1. Be open about your break
2. Practice for interviews
3. Be kind to yourself and others
4. Reconnect with social networks in your industry
5. Network
6. Keep an open mind
7. Create new routines
8. Plan ahead
9. Focus on what's enjoyable
10. Make time for yourself

## Career paths and options



Freelance Caregiver



Freelance Nurse



Teacher



Return-to-Work Programmes

# Adjusting To An Older Work Force

**R Bogdan**



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