



## Reentering the Workforce

Sarah had spent most of the 17 years of her marriage raising their 3 kids, keeping house, and hosting dinner parties and receptions for her husband and his business associates. When her marriage ended, she had to face the prospect of entering a workforce that she hadn't been a part of in almost 15 years.



"I just had no idea what I was going to do. With my experience, I figured I'd be lucky to get a job at a convenience store!"

Sarah's attorney arranged for her to receive 12 months of career assessment and coaching as a part of her divorce settlement. She learned that she needs a career where she can become an expert and be allowed to do her own work in her own way, working alone or with one or two people at a time. She also learned that she has very strong visual skills -- "seeing" things in three dimensions when shown only two, distinguishing minor changes in color and texture, and remembering visual patterns such as those in diagrams and photos.

Working with mechanical things had always come easy to Sarah, and she was the one who put things together, fixed the kids' toys, set up the new computer, and figured out how to use the digital camera, DVD player, and HD television. Not surprisingly, her assessments showed a talent for working with such objects, along with an interest in how things work. Until then, she had never considered her ability to tinker with things to be a career asset.

Sarah also had a strong desire to help people and an interest in medicine, so armed with all this information about herself and with help from her coach, Sarah began investigating careers in the field of healthcare. She concentrated on those that involved working with medical equipment and that required specialized knowledge and expertise. Her original list included several types of technicians: MRI, infusion, ultrasound, radiology, CAT scan, and laboratory.

With guidance from her coach, Sarah investigated these careers further -- talking with people who performed them and with instructors who taught the knowledge and skills required. When Sarah shadowed an ultrasound technician, she was hooked. It was

easy for her to interpret the images that formed on the screen and see the things that the technician pointed out to her. She was fascinated by the opportunity to see inside the body and intrigued by how the images changed as the technician moved the wand.

The last step before she made a decision was to consider the practical implications of her choice. With help of her coach, Sarah developed a list of questions for which she needed answers.

How much money would she make? Was there a need for ultrasound technicians in her area? Would she be able to work hours that would allow her to spend time with her kids and stay involved in their lives? Was there a program nearby where she could become certified? How much would the training cost and how long would it take?

In the end, Sarah entered the ultrasound program at a local technical college. She arranged with her coach to spread out her twelve months-worth of sessions over her two years of school so that she had ongoing support and advice during her education and job search.

When she received her certification, Sarah was offered a job at the obstetrics practice where she interned and happily began her new career.

## Exorcising Demons

Sarah's twin brother had always been able to learn new information quickly. He could get to the root of a problem and figure out the solution almost instantly, and was often frustrated that Sarah didn't catch on as quickly. She needed more time to work her way through new information and really learn it before she felt confident with it. She called it the "slogging through" method and always thought of herself as the "dumb" twin.

The results of her abilities assessment helped Sarah understand why she and her brother were so different in this area.

She learned that this tendency to "slog through" new information gave her a much better ability to remember the information and apply it later. Along with that ability came the one to really concentrate on a task and carry it through to completion -- to actually get things done. She also realized that she had the ability to repeat a process accurately and precisely, while honing both her skills and the process itself.

Sarah discovered that while she couldn't do what her brother could, he also couldn't do what she could. With that revelation, Sarah was able to stop criticizing herself and feeling dumb -- a much-needed boost in her self-esteem.

Find out how we can help you through *your* transition.

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*A Career to fit your Values, your workstyle, your lifestyle. A Career that you'll love!*