



The Five Amazing Things That Happened When I Returned To The Workforce

In this first series of articles addressing “Women in Transition” issues, I wanted to share my own personal inspiring story of transformation. Prior to my marriage; business trips around the world, 12-hour days, designer clothes and social networking were the norm! It was hard work, but I was good at my job in international finance and I felt valued. But after marriage, two children, a seven-year career break and a difficult divorce, I was facing the transition of going back to work that I dubbed the “mum-back.” Here are the five amazing things that happened when I returned:

I regained my confidence: I was a bag of nerves during my first interview at FCM in Colts Neck when I met the President of FCM and Affiliated Advisors, Rita Robbins (a 30-year honored veteran of Wall Street).

Imagine my surprise when she looked me in the eyes and said, “Darling, you are hired, you have no idea how much potential I see in you!” Those words changed my life forever.

I made (guilt-free) time for myself: It takes a lot more organization, prioritization and discipline to return to work and manage a family. All of a sudden time was a rare commodity and I began making a conscious effort to carve out quality time for myself to do the things that I loved and missed – exercise, socializing and travel. Within a year of joining work, I was in the best physical shape, made new friends and hiked to the top of one of the Dolomite Mountains in the Italian Alps. My confidence was sky high!

I decided to help others: During the “mum-back” and “divorce” phases, I realized that there was limited support for women going through difficult transitions. And so the idea for my WHEEL (Women Helping Educate & Elevate Life) group was born. My goal is to help educate, connect and support women in all phases of their lifecycle through a combination of educational seminars and networking events.

I realized I deserved to be more than just “Mrs.” or “Mum”: For several years my identity was tied to my husband and children. No one in my inner circle knew anything about me or my past accomplishments. Returning to work made me financially independent, returned my identity and allowed me to be an inspiration to my own children. I no longer talk to them about how to be successful, strong, confident or smart – I just let them observe me and I lead by example!

I realized the importance of self-preservation: A difficult transitional phase like divorce made me realize that I needed to guard myself from people who can be judgmental and careless with emotions. As a result I began to consciously cleanse negative people from my life, making room for new positive vibes. It was a challenging endeavor but I now have a fun and colorful group of friends of vastly different views, age groups and international backgrounds.

The end result is that I discovered a new and improved version of my True Self.

I am not pretending that this type of comeback is easy, and every woman struggles at first. However, many women underestimate the skills they have developed, and with some career coaching, financial guidance and re education, the benefits of returning to the workforce are unlimited. 🦋



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Key Speakers:



Ann Mehl,
Executive
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Coach and
Author of

Painting with Scissors



Carly Walko
of Thirty Something
Fashion,
presenting a live
fashion show on

dressing for success (at work
and home)



Carmela Caracappa,
local photographer, on how
to boost your social media
presence with a good
professional photo*

*The first 20 women to register will receive a complimentary professional headshot. (Photography will be done the night of the event only. Must be present to receive complimentary professional headshot).



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