



Tips for Parents & Caregivers Returning to the Workforce

Job Cast
by indeed

1 in 5

**working-age adults in the U.S. said
the reason they were not working
was because COVID-19 disrupted
their childcare arrangements.**

Women's labor force participation rate has dropped to the lowest it's been in more than 30 years.

75%

**of women who quit or downshifted
plan to return to the workforce**



Learning Objectives

- 01. Understand the value you bring**
- 02. Communicate the purpose and impact of your role at home**
- 03. Optimize your job search**

Meet your hosts



Christa Patrylak Creeger

Co-founder
Know Our Work



Sherrie Nguyen

Parents & Caregivers IRG Founder
Indeed



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Job Seeker Experience
Indeed

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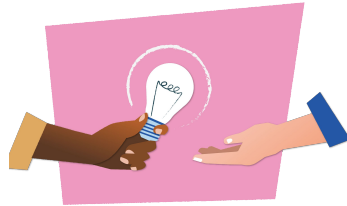
**Understand the value
you bring**



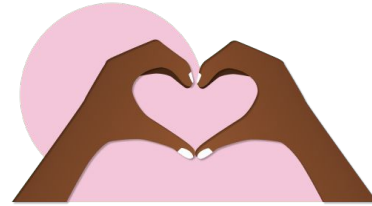
Employers need the skills you develop as a parent



Confidence





Creativity




Compassion



Flexibility



**Communicate the
purpose and impact of
your role at home**



Include caregiving as work experience

You can include specific examples of daily activities and responsibilities you had during your employment gap that are relevant to the duties or responsibilities of the position you are applying for.

CFO (Chief Family Officer)

March 2020 - June 2021

- + Mastered the art of embracing change and pivoting towards new opportunities.
- + Solved problems by creating engaging experiences that connect our children with curriculum.
- + Bounced back with passion to help family see the bright light that shines in spite of all that has been lost.
- + Led every day with unwavering confidence, compassion and creativity.

Strengthen your narrative

- + Project Work
- + Volunteering
- + Returnships



Identify your transferable skills

Qualities that carry over from one role to another because they are useful to employers **across various jobs and industries**.

- + Clear and effective communication
- + Efficient use of financial resources
- + Organized time management and coordination of schedules
- + Careful and ongoing monitoring of multiple data points
- + Proven problem-solving abilities under pressure
- + Long-range planning and development skills

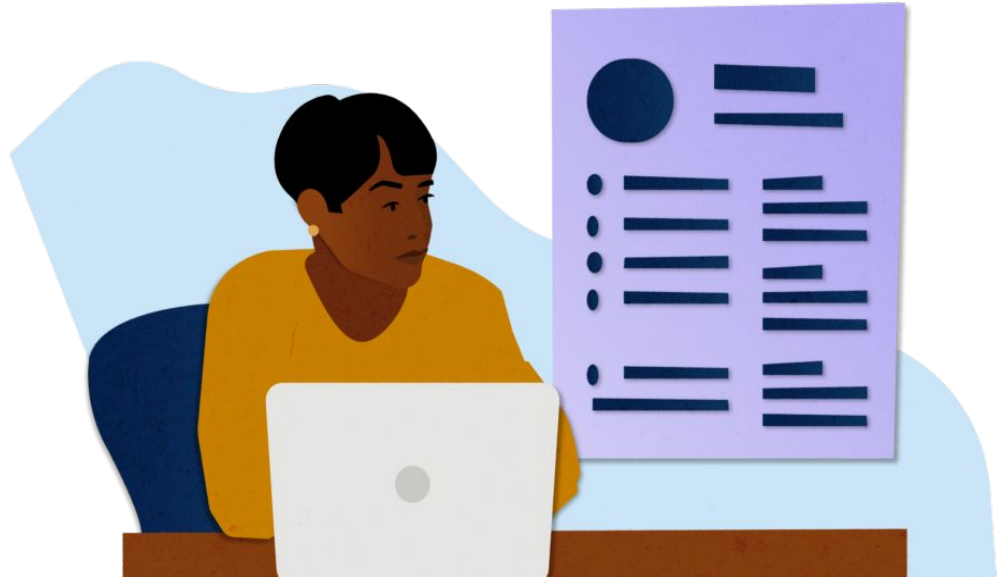
Spot your strengths

- + Ask previous bosses and colleagues
- + Compare yourself to past colleagues...what unique traits do you bring?
- + Ask loved ones
- + Highlight the skills/requirements from job postings
- + Identify skills gaps



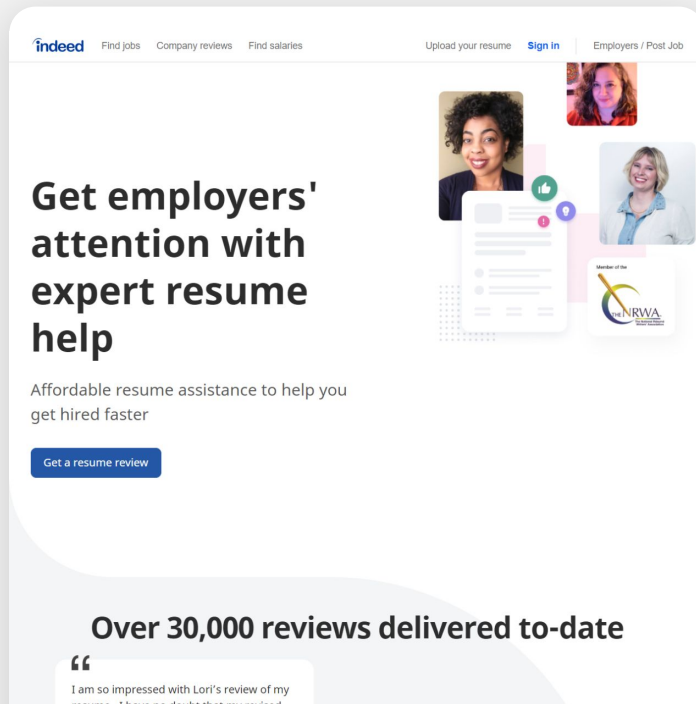
Update your entire resume

- + Include a detailed summary
- + Focus on your most relevant core proficiencies
- + Add keywords from job postings you're interested in
- + Be honest about your time out of the workforce
- + Focus on the future



Take your resume to the next level, with expert help.

resume-review.indeed.com



The screenshot shows the Indeed resume review service landing page. At the top, there are navigation links for 'Find jobs', 'Company reviews', and 'Find salaries'. On the right, there are links for 'Upload your resume', 'Sign in', and 'Employers / Post Job'. The main heading reads 'Get employers' attention with expert resume help'. Below this, it says 'Affordable resume assistance to help you get hired faster' and includes a 'Get a resume review' button. To the right, there are images of three diverse women, a resume document with a green checkmark, and the NRWA logo. At the bottom, it states 'Over 30,000 reviews delivered to-date' and features a quote: 'I am so impressed with Lori's review of my resume. I have no doubt that my revised...'.



Fast turnaround

Get an instant report today, or professional feedback in a matter of days.



Expertise

Recommendations you can rely on from the world's #1 job site*.

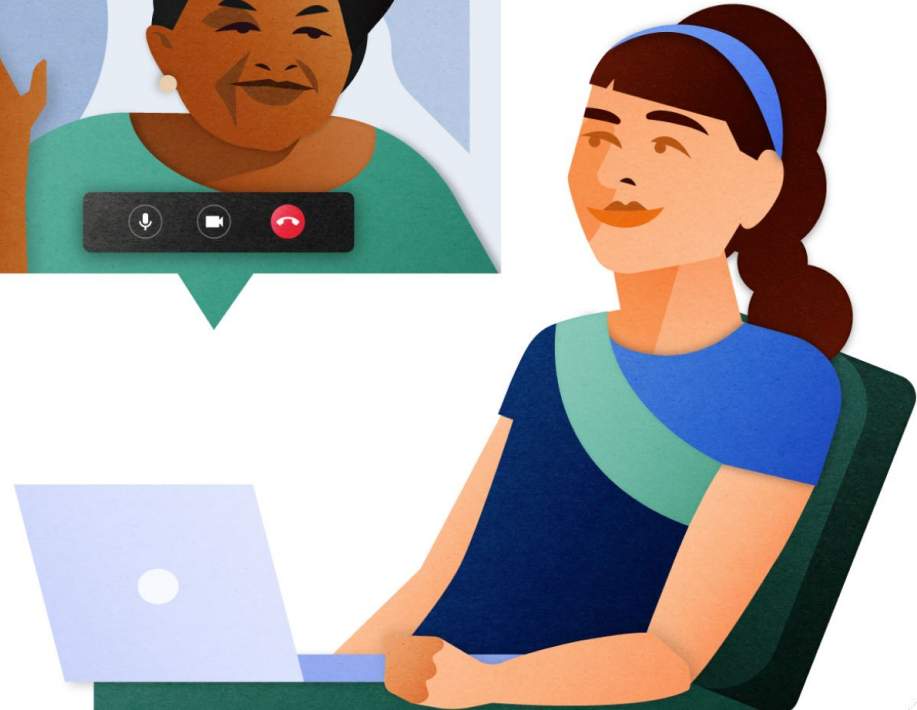
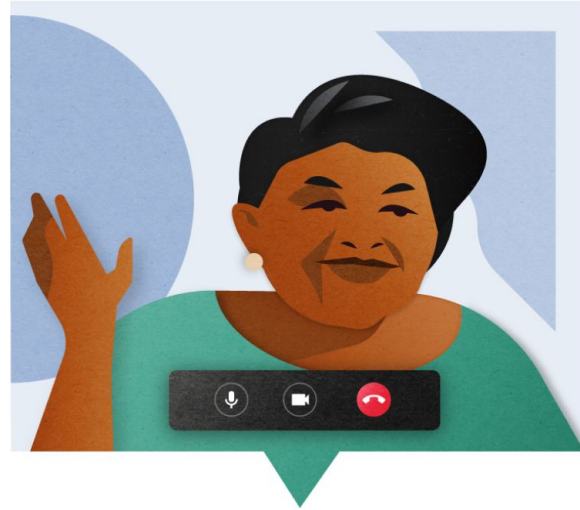


Fair pricing

Get a free resume report, or work with a professional resume editor for a fair price.

Tell your story in the interview

- + What are 3 things you've learned about yourself that make you better prepared?
- + What employer support will you need?
- + Plan for child care or set expectations as needed



Build your personal brand

- + Be focused
- + Be consistent
- + Be genuine
- + Be positive

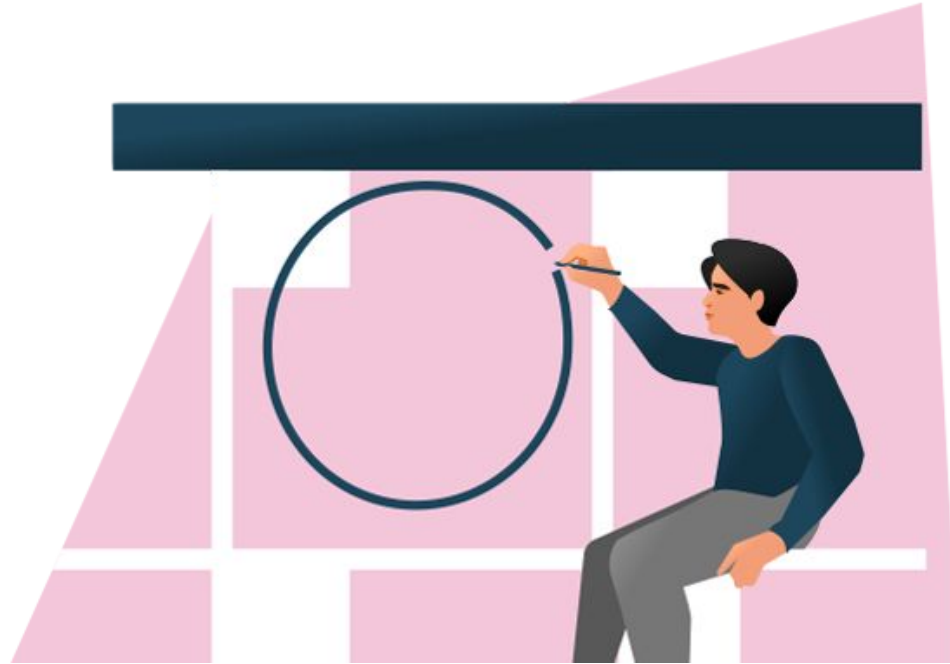


The background features a white canvas with abstract, organic shapes in orange and purple. A large orange circle is partially visible at the top left. A purple shape, resembling a quarter-circle, is on the right side. An orange, wavy shape is at the bottom left.

Optimize your job search

Set aside time for job search activities

- + Create a schedule
- + Set daily and weekly goals
 - Searching
 - Applying
 - Networking
 - Upskilling



Call on your contacts

Let the people in your network know you're ready to return to the workforce.

- + Do you know of any open roles that would be a good fit for me?
- + Would you be open to putting in a good word for me at your company?



What mom-friendly

Where remote

Find jobs

Advanced Job Search

Date Posted ▾

Benefits ▾

Remote ▾

Salary Estimate ▾

Job Type ▾

Residency Requirement ▾

Company ▾

Experience Level ▾

mom-friendly jobs in

Sort by: **relevance**

Unlimited paid time off (4022)

Parental leave (2279)

Flexible schedule (1108)

Work from home (891)

Family leave (823)

Dependent health insurance coverage (178)

Childcare (173)

Dependent care reimbursement (127)

Adoption assistance (104)

Paid sick time (101)

Page 1 of 5,595 jobs

Be the first to see new mom-friendly jobs in remote

Research potential employers

Research company benefits to ensure you're applying to work in an environment that will help you thrive.

indeed.com/companies

The screenshot shows the Indeed profile for a company, focusing on its benefits. The header includes the Indeed logo, a 4.3 star rating from 69 reviews, and a 'Follow' button. A navigation bar lists various sections: Snapshot, Why Join Us, Reviews (794), Salaries (824), **Benefits**, Photos (126), Jobs (506), Q&A (254), and Interviews. The main content area is titled 'Indeed Employee Benefits' and includes a disclaimer: 'All the listed benefits are extracted from job descriptions, reviews, and Q&A posted on Indeed. Please contact the employer to understand the benefits connected to a relevant job.'

Below this, there are two main sections:

- Excellent Benefits and Compensations:** Features a 4.2 star rating based on 380 ratings and reviews on Indeed.
- Benefits found on job postings:** Lists specific benefits such as Paid time off, Quarterly bonus, Dental insurance, Unlimited paid time off, Health insurance, and Vision insurance. A 'Show more benefits' link is provided.

A '5 benefit categories' section offers filters for: All benefits, Insurance, Flexibility at work, Leave (32 reviews), Financial perks, and Meals.

The 'Leave' category is expanded, showing '32 reviews about Leave at Indeed'. It features a 100% positive reviews badge and lists 'Paid time off', 'Parental leave', and 'Unlimited paid time off'. A 'Details about Leave' sidebar provides further breakdown:

- Paid time off (30 reviews):** 100% of the reviews are positive.
- Parental leave (2 reviews):** 100% of the reviews are positive.
- Unlimited paid time off (25 reviews):** 100% of the reviews are positive.

Automate your search

Set up job alerts to be the first to find out about new opportunities.


subscriptions.indeed.com

The screenshot shows the Indeed job search interface. At the top, there are search filters for 'What' (Program Manager IT) and 'Where' (Austin, TX), with a 'Find Jobs' button and 'Advanced Job Search' link. Below this is a breadcrumb trail: 'Technology > Technology Management Occupations > Technical Project & Program Managers'. A row of filters includes 'Date Posted', 'Remote', 'within 25 miles', 'Salary Estimate', 'Job Type', 'Location', 'Company', and 'Experience Level'. The main content area displays a list of job results for 'Program Manager IT jobs in Austin, TX', sorted by 'relevance - date' (Page 1 of 172 jobs). Three job listings are visible: 'Technical Program Manager' (3.8 rating, 6 days ago, Remote), 'Program Manager, Business Integrity' (4.2 rating, 8 days ago), and 'Payment Operations Launch Program Manager' (4.2 rating, 10 days ago). A fourth listing, 'Talent Mobility Program Manager' (4.2 rating), is partially visible at the bottom. Two callout boxes are overlaid on the right side of the page. The top callout box, titled 'Be the first to see new Program Manager IT jobs in Austin, TX', contains an 'Email address' input field and an 'Activate' button. Below it is a disclaimer: 'By creating a job alert, you agree to our Terms. You can change your consent settings at any time by unsubscribing or as detailed in our terms.' The bottom callout box, titled 'I want to receive the latest job alert for Program Manager IT in Austin, TX', also contains an 'Email address' input field and an 'Activate' button, with the same disclaimer below it. At the bottom right of the page, there is a link for 'Employers: Post a Job'.

Unpaid work is still work.



Let's recap

- 01. Employers need the skills you develop as a parent**
 - 02. Highlight those experiences and transferable skills on your resume**
 - 03. Shape your story with work experiences and personal branding**
 - 04. Leverage your network and Indeed's resources to optimize your job search for the best opportunities**
- 

Time for Q&A!

Look out for an email with the...

- + Presentation
- + Chat links
- + Video recording


You can post questions anytime on YouTube!

youtube.com/indeed

The image shows a screenshot of the YouTube channel page for Indeed. At the top, there is a search bar and navigation icons. Below that is a banner image with the text "We help all people get jobs." and several photos of diverse people. The channel name "Indeed" is displayed with a verified badge and a "SUBSCRIBED" button. The navigation menu includes HOME, VIDEOS, PLAYLISTS, COMMUNITY, CHANNELS, and ABOUT. The main content area features a video titled "Introducing Indeed Hiring Platform" with 12K views. Below this is a "Job Cast by Indeed" section with a "PLAY ALL" button. The "Job Cast" section contains four video thumbnails: "How To Prove Yourself for a Promotion" (1:08:09), "Age Discrimination in Hiring" (37:43), "Well-Being at Work" (56:54), and "Talk Like a Boss" (1:04:58). Each video has a title, a brief description, and view/viewer information. At the bottom, there is another "2021 Career Tips" section with a "PLAY ALL" button and a description: "Advice on career development and job search."

Connect with Christa

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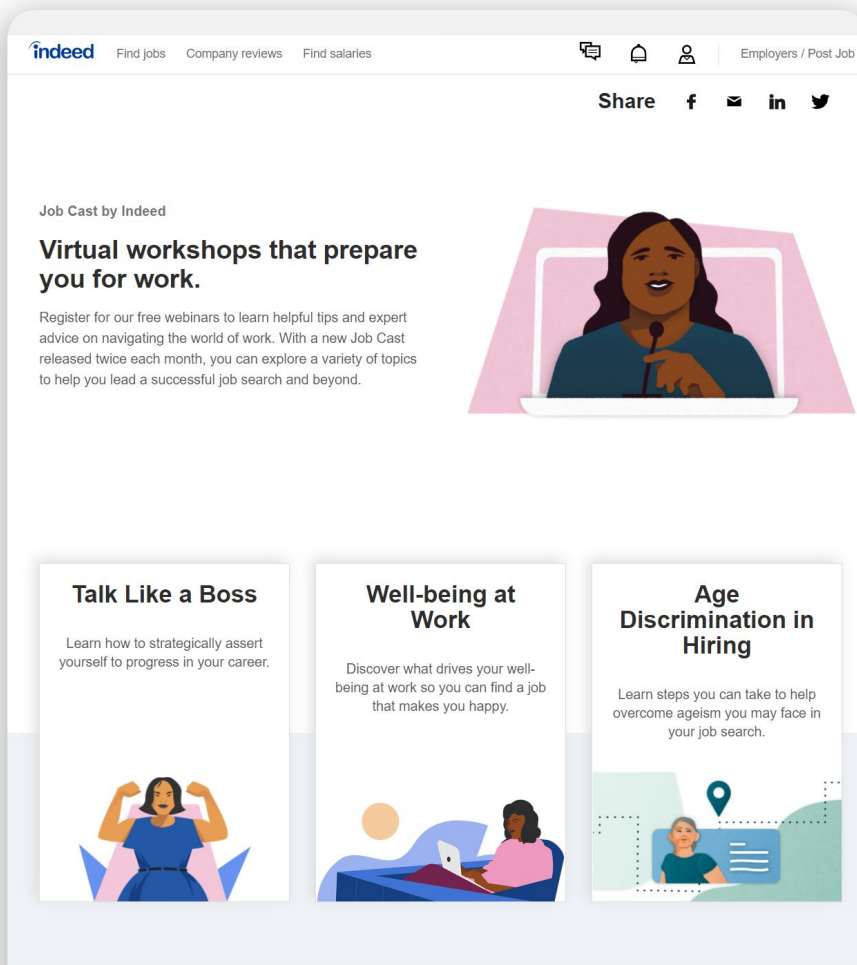
 www.knowourwork.com



Check out our other Job Casts

Register for an upcoming virtual workshop or watch on-demand:

indeed.com/jobcast



The screenshot shows the Indeed Job Cast page. At the top, there is a navigation bar with the Indeed logo, links for 'Find jobs', 'Company reviews', and 'Find salaries', and user icons for chat, notifications, and profile. On the right, there are social sharing icons for 'Share', Facebook, email, LinkedIn, and Twitter. The main content area features a 'Job Cast by Indeed' section with the title 'Virtual workshops that prepare you for work.' and a sub-headline 'Register for our free webinars to learn helpful tips and expert advice on navigating the world of work. With a new Job Cast released twice each month, you can explore a variety of topics to help you lead a successful job search and beyond.' To the right of this text is an illustration of a woman speaking into a microphone on a laptop screen. Below this are three featured job cast cards: 'Talk Like a Boss' (Learn how to strategically assert yourself to progress in your career.), 'Well-being at Work' (Discover what drives your well-being at work so you can find a job that makes you happy.), and 'Age Discrimination in Hiring' (Learn steps you can take to help overcome ageism you may face in your job search.). Each card includes a small illustration related to its topic.

indeed Find jobs Company reviews Find salaries Employers / Post Job

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Job Cast by Indeed

Virtual workshops that prepare you for work.

Register for our free webinars to learn helpful tips and expert advice on navigating the world of work. With a new Job Cast released twice each month, you can explore a variety of topics to help you lead a successful job search and beyond.

Talk Like a Boss

Learn how to strategically assert yourself to progress in your career.

Well-being at Work

Discover what drives your well-being at work so you can find a job that makes you happy.

Age Discrimination in Hiring

Learn steps you can take to help overcome ageism you may face in your job search.



Thank you!

Job Cast
by indeed