

Work/Life Balance

Making a career change

Your job might be the best in the world – until you have children and your priorities change. How can you make sure you have the career you want while still caring for your kids?

Priorities change when you have children and, however important a career is to you, it has to be managed alongside caring for your children.

When her eldest daughter started school, Anne Williams took stock of her career as a business advisor and decided to make changes to her work-life balance and to become self-employed. She now runs Worklife Balance Solutions – a company that helps women get right that important balance between home and work.

'I know how difficult and stressful being a working mum can be - sometimes with little support. I feel passionately about giving working mums that support so they can give their best to their families and still be fulfilled.

Anne runs a 'Career Changer' programme which helps women draw on their own insights and skills to help determine a new career direction. Who is the programme aimed at? Says Anne: 'The sort of woman who tends to be – but is not always – in a highly demanding career. She wants to do well in her job but also wants time and energy to give to her family. She finds herself constantly stressed by trying to juggle childcare, school holidays, commuting, husband and home'. The programme, which typically lasts around 12 sessions and is divided into three stages, enables you to step back and,



with Anne's help, assess what you want out of your life and what other possible career options there are for you. The first stage will look at your values, interests, motivation, strengths and weaknesses and help you to identify your ideal working scenario.

The second stage encourages you to visualise the different career paths you could take, based on what you've found out in the first stage. It's a chance to let yourself dream that there is an alternative out there and that the life you are leading now is not the only option.

Once you've looked at the possibilities, the third stage moves on to working on turning that dream into reality. With Anne, you'll create an action plan to take you forward and make the changes to help you achieve the life you want. This may mean moving to another company that has more flexible working hours, changing career completely or setting up your own business.

Sessions can be face-to-face or on the phone, for an hour or just 30 minutes. 'The programme can be designed to suit you,' says Anne. 'If you are willing to invest time and are committed to make changes there can be a new, more balanced life out there for you.'

Worklife Balance Solutions

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