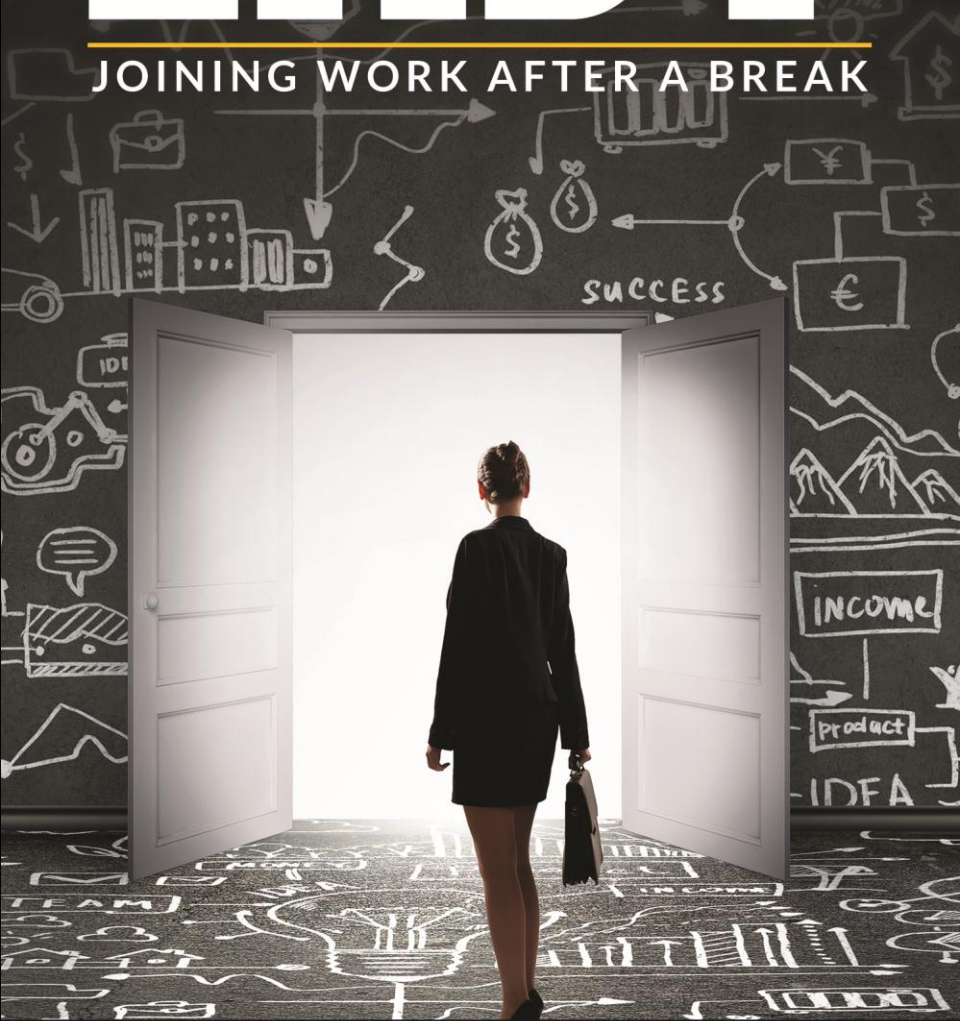


— GET READY —

LADY

JOINING WORK AFTER A BREAK



NARMADHA KAMALAKANNAN

Get Ready Lady

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EDUCREATION PUBLISHING

(Since 2011)

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iii

“When we do the best we can, we never know what miracle is wrought in our life, or in the life of another.”

– Helen Keller

Thank you Daddy!

*For gifting me that hero pen when I won first prize in
writing competition in third grade.*

The motivation worked out 😊

Personal Dedication



*My successful working mother now a successful
working grandmother
Mrs. Malarvizhi*

*My first boss after my first maternity break, who proved
myself what I am capable of
Mrs. Maria Geo*

*My dance teacher who is an inspiration to
keep up my self-identity
Mrs. Dipanjali*

*My helping hands whenever I felt handicapped
during the journey of this book
Mrs. Harini & Mrs. Deepti*



Love you

**Kamal – *My steady half when I am mad &
my crazy half when I am boring!***

**Dhakshin – *The best child in the world!
You are awesome!***

Yaalini – *The cute little me!*

***Sorry guys, I have a confession!
I munched snacks late nights while writing the book.
That is why there were ants on the bed biting you!***



About the Author



Narmadha Kamalakannan: a firm believer of 'Keep the child in you alive and active always' is a loving mother and working woman who also pursues her passion in dancing and blogging regularly. With her positive experience in juggling between work, personal life and passion, she has penned this book to give her views on how every 'wanna-be working mother' can successfully bounce back after a career break.



About the book



A 'must read' for every woman, who was once a career oriented girl and now a queen of your house, still stuck in dilemma between personal and professional responsibilities. This book takes you through three stages 1. Introspection 2. Preparation & 3. Settling Period, where you will examine and explore the options in and around you, for you to bounce back into a working woman. It helps on upgrading from Working woman V1.0 to Working mother V2.0, updating the reader's confidence level and positivity. Get Ready Lady!



Preface



Have you ever heard a term ‘working man’? No! Men do have a family, they do work and try to balance between both. But women choosing to work is a big choice that she has to make in life, especially after she is married and becomes a mother. Isn’t it a decision connected with more emotional reasons than a financial situation back home? Every human is born with an in-built talent. I strongly believe that even the self does not have a right to suppress the talent. When we are on a starting trouble, we need to KICK start ourselves for a smooth run. If you decide to KICK start yourself to bounce back, this book is here to travel with you in this journey, taking you through three important stages

1. Introspection - Your interest Vs. Reality
2. Preparation for the new journey - Inner Self and Support systems
3. Initial settling period - Excitements, Challenges and Success

A book is your best friend. This friend is going to share with you many reality stories, provide suggestions and also ask several questions TO you, to be answered BY you, FOR you. A good friend doesn’t impose her decisions on you. But strongly shows a mirror in front of you exposing your reality. That is what this friend is also aiming at!

So chin up ladies, say cheers with that beautiful smile, get yourself started to explore the new journey you look for. Get yourself upgraded into Version 2.0!

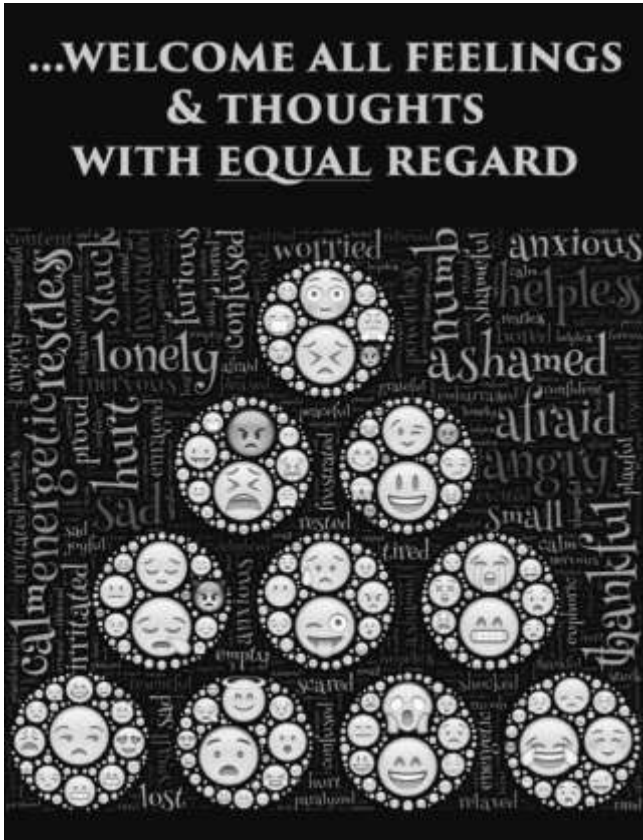


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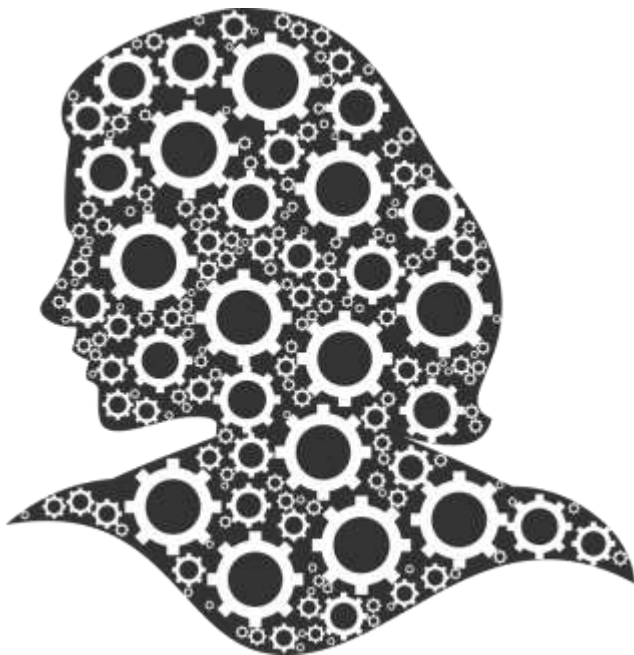


S.No.	Content	Page No.
1.	Introspection - Your interest Vs. Reality Do you want to work? I wanted to become... The Triangle of life The “Why” question Are you ready now?	1
2.	Preparation for the new journey – Your Willpower and Support systems Support system Trigger the fire Finding your right path Prepare to Ignore	36
3.	Initial settling period - Excitements, Challenges and Success The Settling period Excuses The Triangle balance The Big Stage	62

Introspection
Your interest Vs. Reality



Do you want to work?



When my daughter was three months old, one fine morning she looked into my face, giving that most beautiful smile in the world. I kissed her forehead, she reciprocated with her baby expression. I kissed again as she giggled again and I enjoyed motherhood bliss of pampering my little bundle of joy. Suddenly tears started rolling down my eyes. “What happened”, asked my husband in a shocked tone. He was as usual clueless wondering if he had forgotten an important occasion again. “I don’t want to get back to work”, I cried literally. “Look at this tiny baby. She definitely needs me, I don’t want to put her into a day care and join work. Our elder one also needs my attention once he comes from school. Do you think I will have the energy to manage two kids after I come back from office?” I just vented out very emotionally. My husband’s face actually looked little relieved. ‘Oh, that new mommy hormones again’, he gave ‘that’ look. I stared at him, “tell something”. “We have a lot more time to decide on this dear, now see how she is smiling, and enjoy that. Come, let’s have breakfast”. Men are experts in diverting the topic right?

Few months back, when my daughter was thirteen months old, one evening my husband returned from office, opened the door playing, “peek a boo” with his little girl and he was scared to see what was there on sofa. Me with my ‘monster face’. “What happened”, regular shocked tone. Again he got this ‘did I forget something’ face. Meanwhile, our daughter came and hugged his legs showing her two teeth smile showing her excitement to see daddy. Playing with her, my husband came near me, patted my head asking, “What happened

dear? “, I could see the mixed up fear and care in his gesture. “I am fed up, I want to work, I want my life again”, I showed him my LinkedIn page, “Sheela is my college mate. She just got a promotion, I have told how dull she used to be in college and now look how she has become. And look at me, did not get time to take bath since morning. I keep running behind her, cleaning the house, preparing food. Do you at least know what I ate today? You are also busy with your own work. You have a life. I am lost. Am I the only one responsible for all this?” I showered all my frustration on him.

“Sorry dear, I was busy at office, no time to call, why? Dint you eat? Come here first”, he tried to hug me with love, I pushed him showing my Facebook app, “You had time to comment for your stupid friend’s forwarded meme, but no time to call me???””, my eyes were wider and I stood really closer scaring him. “Hey, don’t behave silly”, giving that weird smile, he slowly moved to kiss our daughter and again mastered the art of escaping. “What did you do today darling? Why is mom so exhausted? You are my sweetheart na, dada told you not to trouble mama na?”. She simply nodded her head as he asked these questions in the playful tone.

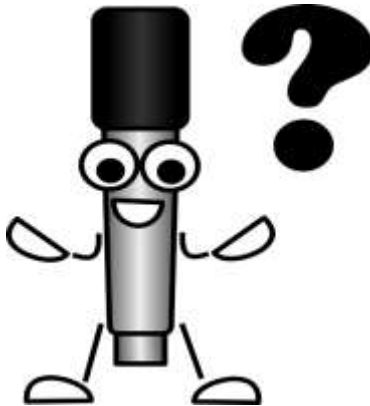
Now - Have you experienced these kind of varied emotions? Some-times you feel ‘it’s okay’, sometimes ‘exhausted’, sometimes ‘I want my identity’ and sometimes the comprising tone? Then all you need is a coffee / chocolate / a comedy movie to divert you. Remember do not take any decisions in such emotions. They are common for every mother, every working or worked’ mother. You have to just escape it but do not

give more thoughts to that emotion at that moment. Later when you are in a ‘normal’ mode, get into the introspection. That is when you can make clear decisions.

“Do you want to work”?

The answer is “Yes”!

That is the reason you noticed this book. While this chapter’s answer is a straight yes, the focus here is to understand in-depth about the thirst inside you to get back to work, the willingness to get out of your current situation and get on the floor. For that clarity, we are going to start with a series of questions in this first chapter. These are questions for you to be answered by you to yourself. No answer here is a wrong answer. Remember - we are not going to come into a conclusion or an opinion here. They are reality and facts which is for your own self-understanding. By the end of these Q&A segment, our focus is to get more clarity about your personal situation vs. readiness to join work. So, grab your pen to mark the answers.



You are reading this book because you must fall into one of the below categories, ***which category do you belong to?***

- a. Planning to join your work after a break
- b. Missing your work which you might or might not continue in future
- c. Planning to take a break from your work due to personal reasons
- d. You have joined work after a break recently but struggling through the balancing part

How do you see yourself now?

- a. A happy wife, perfect mother enjoying the responsibilities of maintaining your house -The Queen of your own world
- b. A house wife, dependent on your husband for all basic needs and wishing that you can have your own bank balance
- c. A working woman struggling to maintain work life balance
- d. A mother who wish you are like another woman (someone you admire / feel jealous of)

Order your priorities below -

- a. Children
- b. Husband and love life
- c. Your career

- d. Your passion (need not be economically helping you but you have some addiction hobbies which can be listed here)
- e. Your “ME” time
- f. Spending time with your parents / siblings / friends

What do you long for?

- a. Children
- b. Husband and love life
- c. Your career
- d. Your passion (need not be economically helping you but you have some addiction hobbies which can be listed here)
- e. Your “ME” time (can be just your coffee time undisturbed)
- f. Spending time with your parents / siblings / friends

Last set of rapid fire questions

- a. Do you feel satisfied about your current lifestyle?
- b. Do you feel blessed for what you have?
- c. Are you a fighter?
- d. Do you want to achieve great heights in both personal & professional life?

Now, what did you realize from the above set of answers? Did you discover more about the need inside you to bounce back to work?

Is it one of these?

- a. a mandate to work
- b. financial pressure

- c. fear of being dependent
- d. your identity
- e. break from household responsibilities
- f. working mother image
- g. genuine passion

What is it that triggers you to bounce back to work? If none of the above, then pats on your back lady. You are a contented person happy to be the way you are. Just put up the pride and smile and say Cheers.

Now, if you were able to tick one of the above choices, you have got a first level answer about joining work again. After getting more clarity that you want to continue work, next thing you need to focus is on the time, when to bounce back. You need to analyze the market situation, your personal dependencies, the options available everything into consideration. While it is a fact that everything will not come into your way and welcome you perfectly, there is one thing you can always believe - Your instinct. You will be out of the emotional dilemma and you will no more face the extreme emotions of dilemma. From 'I want to quit', if your worry has become, "will I be able to manage if I join back?", then you have reached the 'right time'. If not, then wait a little more. But keep exploring. Spend your 'ME' time every day at least thirty minutes to search on how, when and where you want to bounce back to work. "No time" reason is not valid. Sometimes, the true reason will be your WhatsApp, Facebook, forward messages take all the thirty minutes you get in a

day. So, fine tune your time and make sure you spend thirty minutes to keep exploring.



I wanted to become ...



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— GET READY —
LADY

Get Ready Lady !

Capable, You are Capable

To be

The Queen of Your Family !

The Marshal at Work!

To give

The caring cuddles at home !

The perfect presentations at meetings!

To express

Mother Earth's caresses to your people!

Tigress's Power at your tasks!

Get Ready Lady !

Not just to explore your talents

Not just to prove others

But

What you see in the mirror of your life is

"Your identity"

Get ready Lady !

Be happy and successful !

Wish you all the best for your Version 2.0 !



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