

# Celebrating and Overcoming Career Breaks

How to Change without being Changed



# **Tara Johnson- Noem**

Quick Overview





# HOMETOWN

SMALL BUSINESS FAMILY  
HOUSE ON FORMER DAIRY FARM  
PAUL G. BLAZER HIGH SCHOOL  
JUNE CONN SCHOOL OF DANCE

## Ashland, Kentucky



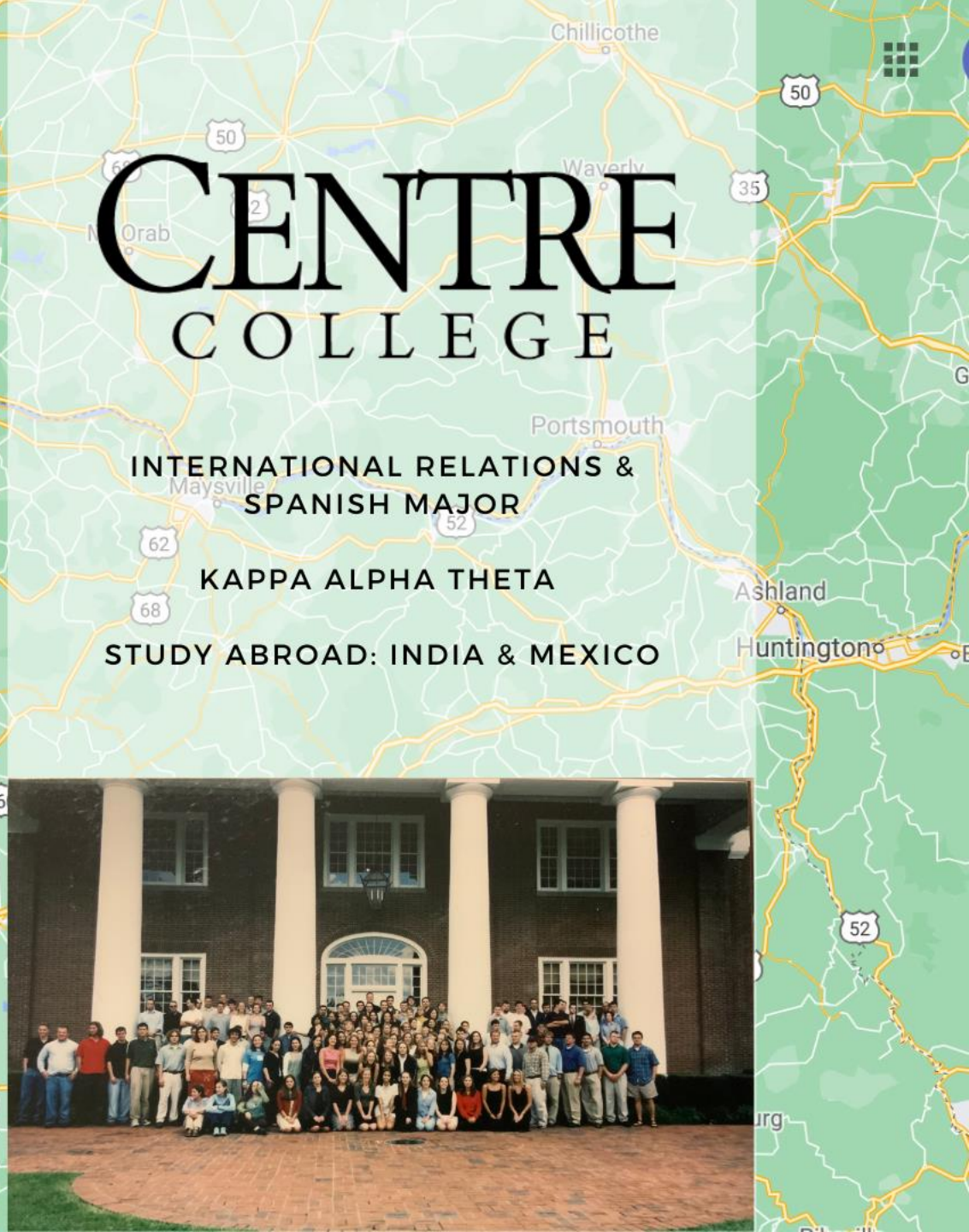
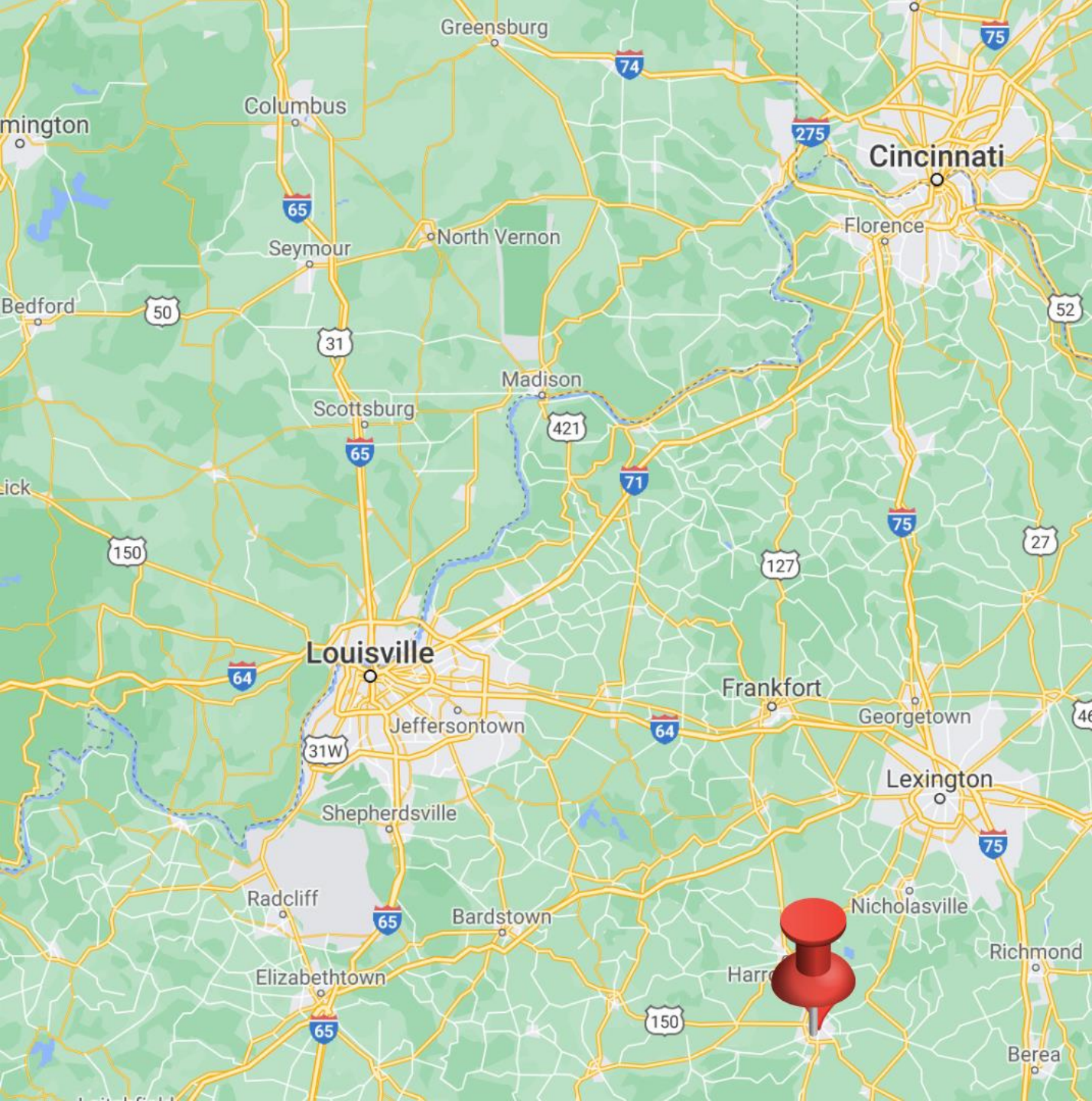


A map of Spain and surrounding regions, including Portugal, Andorra, Monaco, and parts of North Africa. A red pushpin is placed in Madrid, Spain. The map shows major cities, roads, and geographical features like the Bay of Biscay and the Mediterranean Sea.

# HIGH SCHOOL EXCHANGE PROGRAM

Colmenar Viejo  
Spain

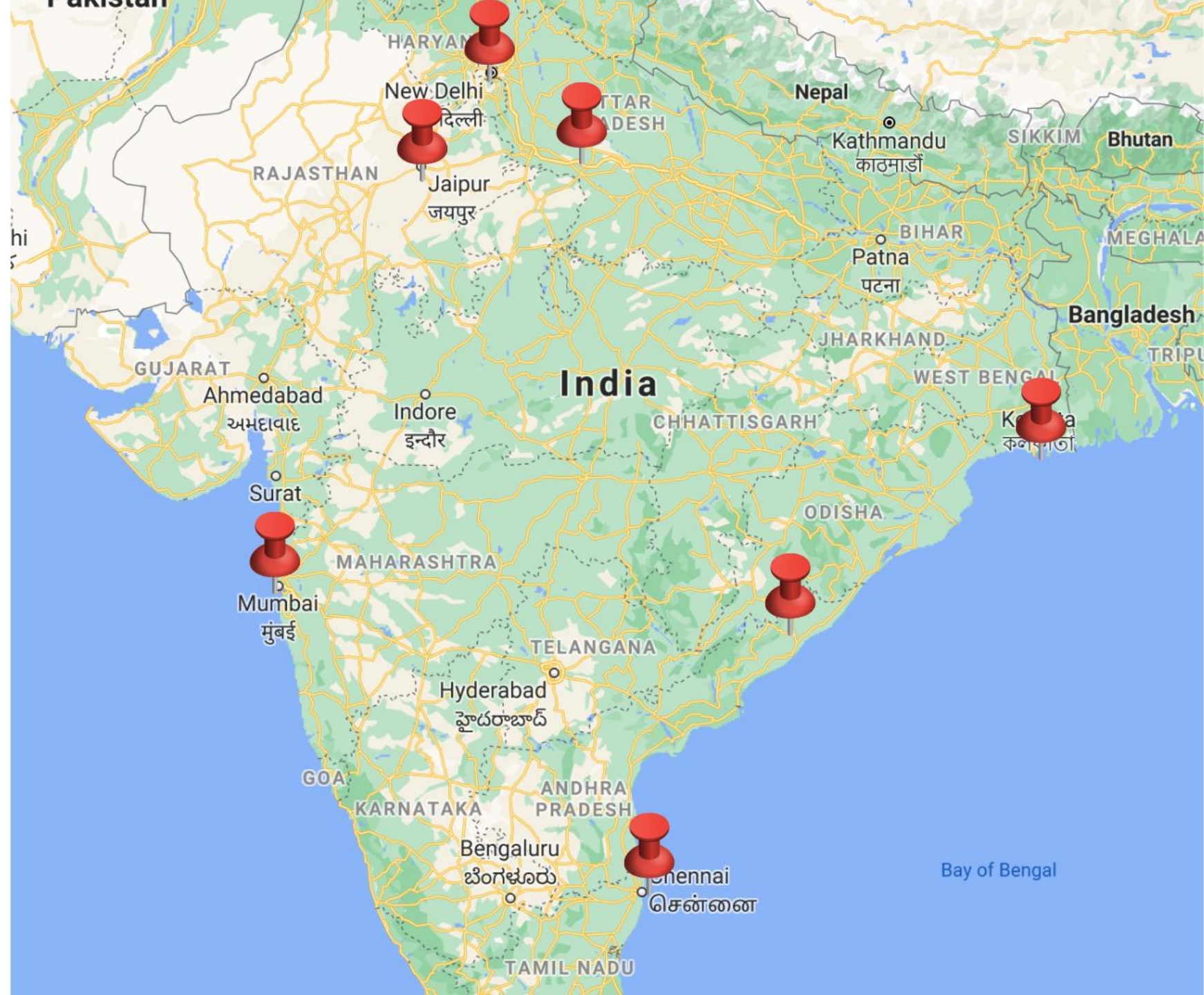






# *STUDY ABROAD*

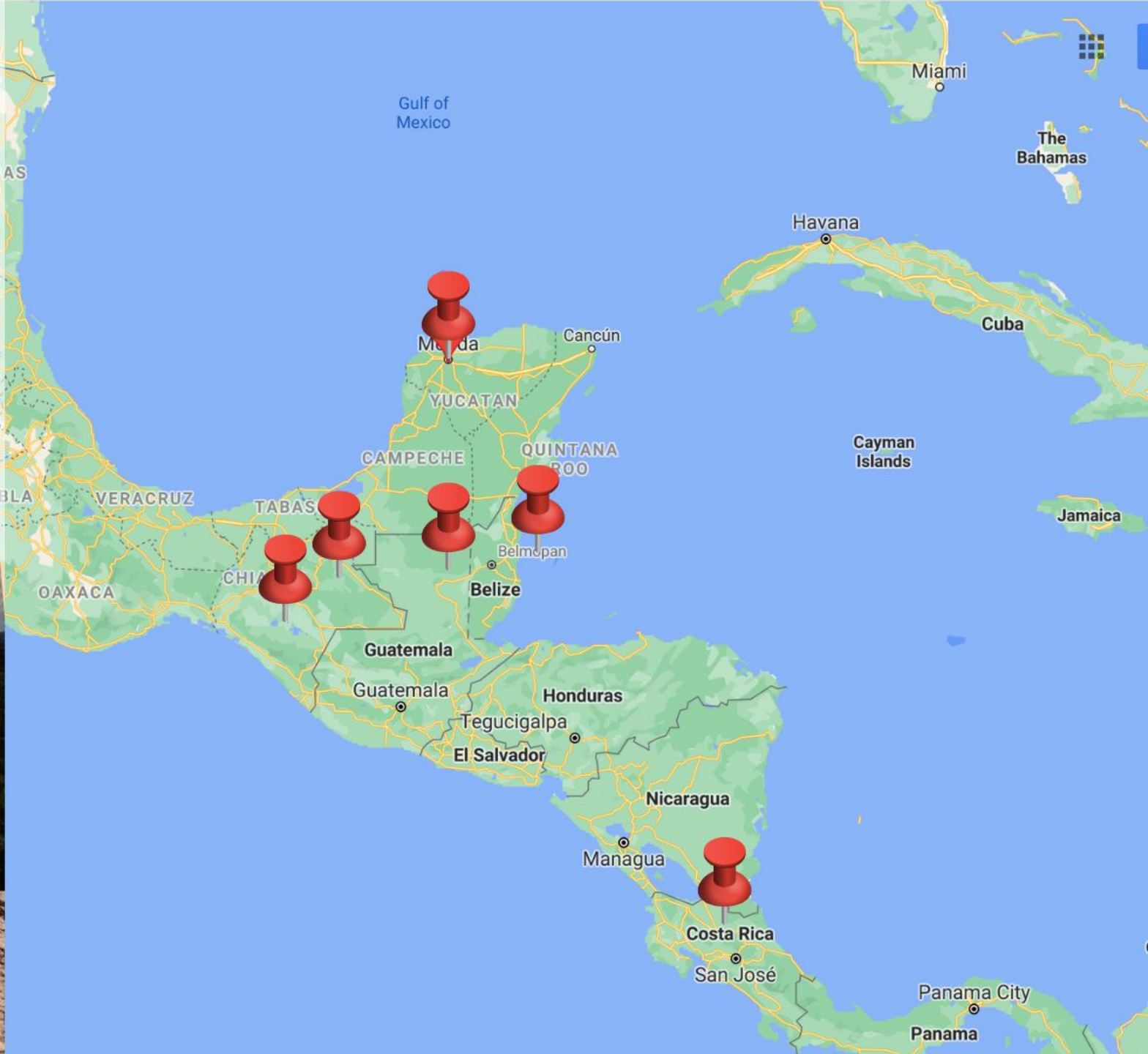
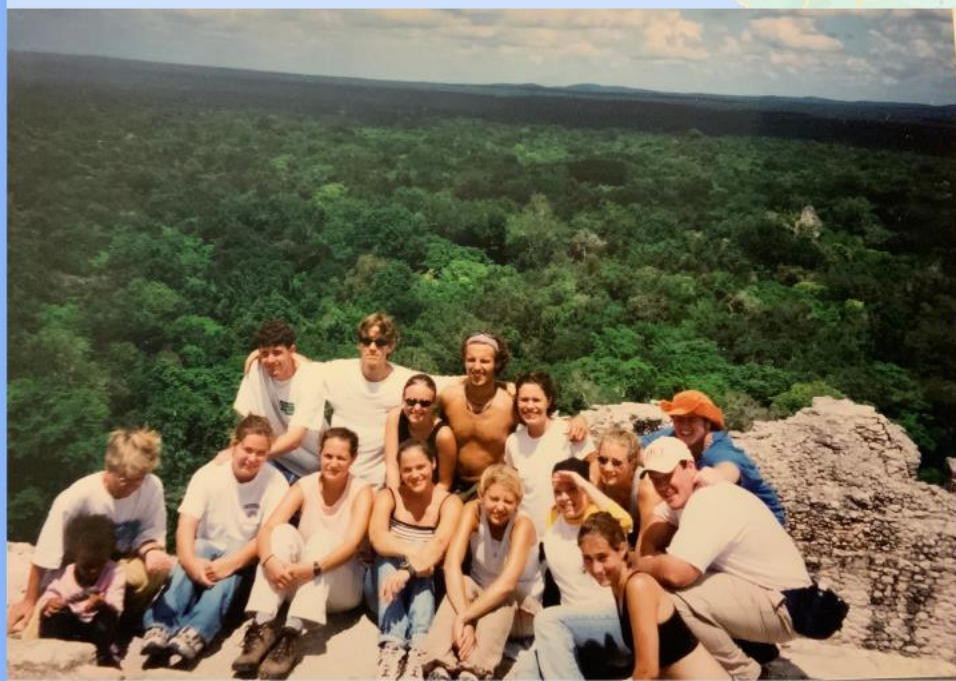
INDIA





# *STUDY ABROAD*

MÉRIDA, MEXICO





A map of the Eastern United States, split vertically. The left half is a lighter shade of green, and the right half is a darker shade. A red pushpin is placed in Washington, D.C. The map shows major cities, state boundaries, and Lake Erie. Overlaid on the left side is the GW logo and text for The George Washington University.

# GW

THE GEORGE WASHINGTON  
UNIVERSITY

WORK TOWARD MASTERS IN  
INTERNATIONAL AFFAIRS AND  
DEVELOPMENT

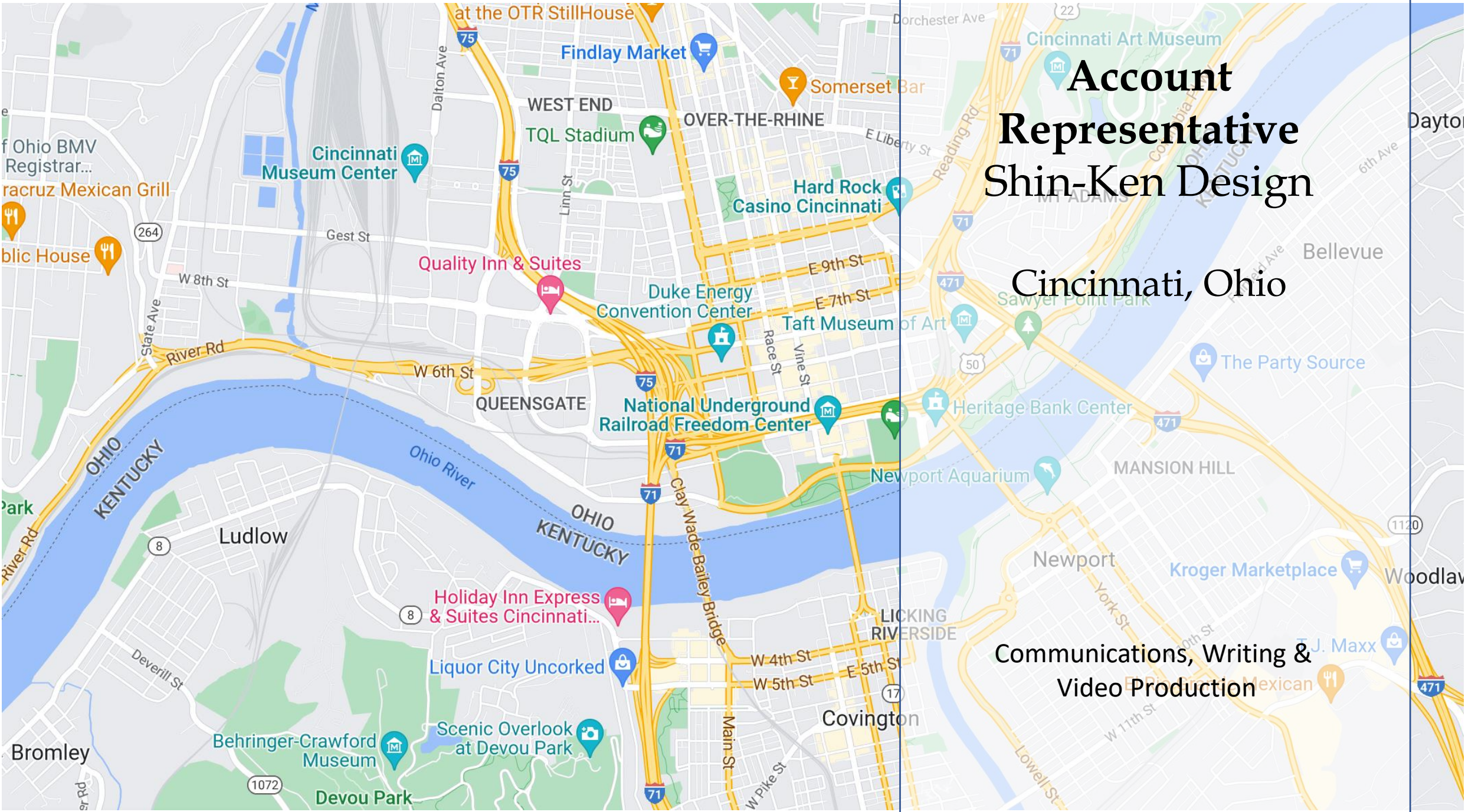




# PIVOT ONE:

returning home





# Account Representative Shin-Ken Design

Cincinnati, Ohio

Communications, Writing &  
Video Production





## PIVOT ONE - TAKEAWAYS

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- Focus on the why and the opportunity to win
  - Remember the background
  - Find the positives of the new situation
- Sell the narrative – to yourself and others
- Find support





A row of white dominoes is arranged on a light blue surface. The dominoes are in various states of falling, with some standing upright and others tilted or already down. The background is a solid light blue color. The text "PIVOT TWO:" is written in white, bold, sans-serif font, and "more training" is written in a smaller, white, sans-serif font below it.

PIVOT TWO:  
more training





COLLEGE OF DESIGN, ARCHITECTURE, ART, AND PLANNING

SCHOOL OF PLANNING

# MASTERS OF COMMUNITY PLANNING

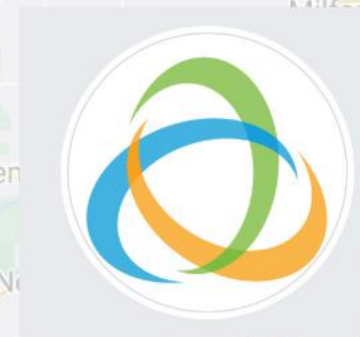
ECONOMIC DEVELOPMENT CONCENTRATION







since  
1971



**NKADD**  
**PUBLIC ADMINISTRATION**  
**SMALL BUSINESS LENDING**  
**COMMUNITY DEVELOPMENT**


**NKY TRI-ED**  
**ECONOMIC DEVELOPMENT**

**VISION 2015**  
**COMMUNITY ENGAGEMENT**  
**PUBLIC HEALTH**  
**URBAN REVITALIZATION**



Northern Kentucky  
**Vision 2015**  
**Shaping Our Future**





## PIVOT TWO - TAKEAWAYS

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- Dive all-in into a new plan.
- Be willing to take small steps.
- Become a content expert.







# PIVOTS THREE & FOUR:

out of the workforce and back again






**URBAN REVITALIZATION  
COMMUNITY DEVELOPMENT  
COMMUNICATIONS  
MEDIA RELATIONS  
PUBLIC SPEAKING  
PUBLIC POLICY ADVOCACY  
GRANT MANAGEMENT**





## PIVOT THREE & FOUR TAKEAWAYS

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- Own the decision or situation
  - Leverage past skills and interests
    - Think back to past experiences, training and hobbies
  - Connect, reconnect and stay connected with colleagues
  - Stay positive and celebrate small wins!
- 



**SKYWARD**  
**VIBRANCY**  
URBAN REVITALIZATION  
COMMUNITY DEVELOPMENT  
COMMUNITY ENGAGEMENT

**UNITED WAY**  
PUBLIC SPEAKING  
PUBLIC POLICY ADVOCACY  
GRANT MANAGEMENT  
VOLUNTEER ENGAGEMENT

**NKWIB**  
WORKFORCE DEVELOPMENT  
BOARD ENGAGEMENT  
GRANT MANAGEMENT

**NKADD**  
PUBLIC ADMINISTRATION  
GRANT MANAGEMENT  
BUDGETING & HR  
BOARD ENGAGEMENT





# Takeaways Review

- Focus on the opportunity to win
- Sell the narrative
- Find support
- Dive into a new plan
- Be willing to take small steps
- Become a content expert
- Own the decision or situation
- Leverage past skills and interests\*
- Connect, reconnect and stay connected with colleagues
- Exude gratitude
- Celebrate (sm)all wins!



# Create a new plan and own it

- Kentucky Career Center Network – [www.nkcareercenter.org](http://www.nkcareercenter.org)
- GROW NKY partners - <https://www.nkychamber.com/growing-talent/grow-nky-growing-regional-outcomes-through-workforce/>



# Leverage Skills: Occupational Mobility Explorer

OCCUPATIONAL MOBILITY EXPLORER

BUILD YOUR PATH

COMPARE SKILLS

VIEW TOP TRANSITIONS

## Build Your Path

See which occupations require similar skills and represent at least a 10% increase in wages

## Compare Skills

Compare the 25 most in-demand skills for any pair of occupations in a metro

## View Top Transitions

View, sort, and download data for pairs of occupations considered most similar

