**Re-Entering the Job Market After a Break**

There are many reasons why people leave the job market. Whether it’s voluntary, like taking a break to be a stay-at home parent, taking care of a sick family member, travel, going to school, or relocation. Leaving the job market is also involuntary: illness, unplanned job loss, or incarceration are just a few of the real-life circumstances that extract people from their careers or jobs. Either way, it’s never easy to find ones’ way back in to the workplace.

There are many challenges to embarking on a job search after an extended break: skills obsolescence, changed job search strategies, family demands, and discriminating employers. For many, the psychological barriers, both conscious and unconscious, can be unexpectedly debilitating too.

Donna Sweidan will discuss strategies to overcoming these barriers that will help jobseekers regain the confidence and skills they need to land a fulfilling job and financial stability.

Donna Sweidan, MCC, LMHC is the founder of Careerfolk. For 20 years, Donna has offered a unique blend of psychological counseling and concrete coaching that takes her clients on a journey from soul search to job search and social media. She was voted one of the top 25 career coaches and resume writers online by [Careertoolkit.com](http://www.careertoolkit.com/top-25-career-coaches-online.html) in 2016.

Donna guides job seekers and career changers through in-depth self-exploration to help them find or create fulfilling and meaningful work. The heart of Donna’s approach is creating a compelling brand, an exciting current resume, and an online network that represents what it takes to succeed in today’s marketplace. She is a well-known speaker on the “new” job search, building a professional online identity and LinkedIn.com.