

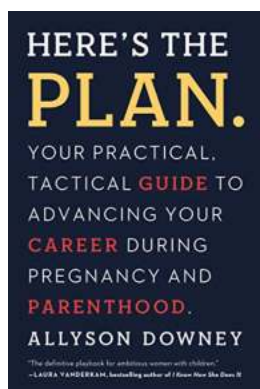
Your Practical Tactical Guide To Advancing Your Career During Pregnancy And

Pregnancy is a transformative experience that can bring immense joy and excitement. However, it is also a time when many women worry about the impact it may have on their careers. The good news is that with proper planning and effective strategies, it is possible to not only maintain but also advance your career while navigating the challenges of pregnancy and parenthood.

1. Communicate with your employer

Open and honest communication with your employer is key during this time. Schedule a meeting with your supervisor or human resources department to discuss your pregnancy and what it means for your career progression. This will allow you to address any concerns or misconceptions and ensure that everyone is on the same page.

Clearly communicate your intentions, including your desire to continue advancing your career while being a parent. Explore flexible work arrangements, such as adjusting your working hours or telecommuting options, that can help you strike a balance between your professional and personal life.



Here's the Plan.: Your Practical, Tactical Guide to Advancing Your Career During Pregnancy and Parenthood

by Allyson Downey (Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English

File size : 1850 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

X-Ray : Enabled
Word Wise : Enabled
Print length : 272 pages



2. Plan for your maternity leave

Planning for your maternity leave well in advance is crucial. Review your company's policies regarding parental leave and understand your rights and benefits. Determine the time frame for your leave and communicate it to your employer and colleagues.

Consider preparing handover notes and sharing them with your team before going on leave. This way, you can ensure a smooth transition and reduce any disruptions to ongoing projects. Stay in touch with your team and offer your support remotely during your leave, reinforcing your commitment to your career.

3. Seek mentorship and professional development opportunities

Pregnancy should not be seen as an obstacle to growth. Take advantage of mentorship programs and seek out opportunities for professional development. Reach out to senior executives or colleagues you admire and ask for guidance and support in advancing your career.

Attend conferences, seminars, or workshops related to your field to stay updated on the latest industry trends and expand your network. Engage in online learning platforms to sharpen your skills and acquire new knowledge that can boost your career prospects.

4. Create a support network

Building a support network within and outside your workplace can be immensely beneficial during pregnancy and beyond. Connect with other working mothers or expectant mothers who have successfully advanced their careers. Join online communities or participate in local networking events to meet like-minded individuals who can provide guidance and share their experiences.

Having a strong support system can offer emotional support and practical advice on balancing work and family responsibilities, allowing you to confidently advance your career while embracing motherhood.

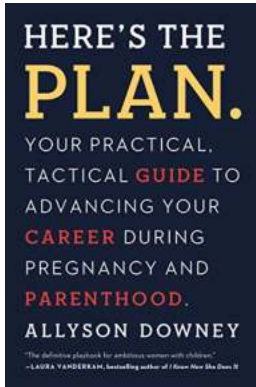
5. Prioritize self-care and well-being

Self-care is crucial for maintaining a healthy work-life balance during pregnancy. Find ways to cultivate relaxation, such as practicing mindfulness or engaging in regular exercise that is safe for expectant mothers. Take breaks when needed and prioritize your well-being.

Remember that advancing your career while pregnant requires not only professional dedication but also self-compassion and self-care. By taking care of yourself, you will be better equipped to handle the demands of your career and new motherhood.

Pregnancy and career advancement can go hand in hand with the right strategies and mindset. By effectively communicating with your employer, planning for your maternity leave, seeking mentorship opportunities, building a support network, and prioritizing self-care, you can successfully navigate this unique phase of your life while advancing your career. Embrace the journey and trust in your abilities to thrive both personally and professionally!

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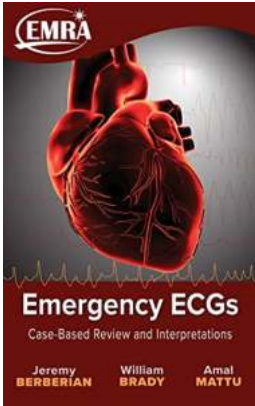


For many women in their 20's and 30's, the greatest professional hurdle they'll need to overcome has little to do with their work life. The most focused, confident, and ambitious women can find themselves derailed by a tiny little thing: a new baby. While more workplaces are espousing family-friendly cultures, women are still subject to a "parenting penalty" and high-profile conflicts between parenting and the workplace are all over the news: from the controversy over companies covering the costs of egg-freezing to the debate over parental leave and childcare inspired by Marissa Mayer's policies at Yahoo. Here's the Plan offers an inventive and inspiring roadmap for working mothers steering their careers through the parenting years. Author Allyson Downey, founder of weeSpring, the "Yelp for baby products," and mother of two young children advises readers on all practical aspects of ladder-climbing while parenting, such as negotiating leave, flex time, and promotions. In the style of #GIRLBOSS or Nice Girls Don't Get the Corner Office, Here's the Plan is the definitive guide for ambitious mothers, written by one working mother to another.



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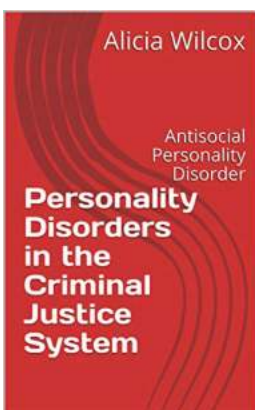
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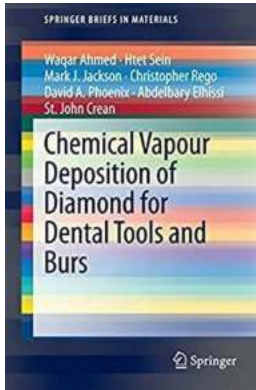
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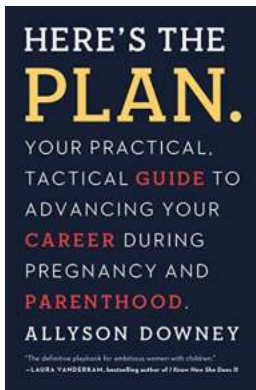
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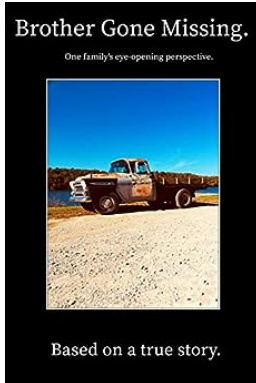
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