

ST GEORGE & SUTHERLAND SHIRE

Leader

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Workshops help mums keen to get back to work

RETURNING to paid work can be daunting for mums who have taken years out to raise children.

They may feel unsure about changes in technology or creating an impressive CV or just lack confidence, said

Nine2three Recruitment Solutions candidate manager Sandra Burke.

"We receive numerous calls every day from distressed mums seeking guidance and assistance in returning to the workforce," she said.

The recruitment firm runs "back to work" workshops with a maximum of four participants to help devise a



Back to business: Facilitator Sandra Burke helps women regain their confidence at workshops.

strategy for returning to paid employment.

Bundeena mother Chrissie McCann spent 10 years caring for her children before beginning her search for work 12 months ago and said job hunting had been "a real struggle".

The former office manager is looking for "absolutely anything: secretarial, administration work, data entry" and recently completed a bookkeeping certificate and updated her computer skills.

"I believe if I can get to interview stage I will woe the boots off them," she said.