

Giving Birth to a new life and a new career,,,,,,
By Jamie L. Novick

We know a baby changes everything - but what does it really do to your career? Couples go back and forth about the "stay at home vs. go back to work" debate. Child care issues and the costs involved are discussed and often the benefits of staying home with your baby outweigh the costs. It is an interesting exercise to add up the physical cost of childcare, the emotional impact of leaving a newborn in the care of others, and the adjustment of having a new life in your home. This exercise can trigger many changes, the primary being a creative burst of energy that allows you to dream and discuss the possibilities of "having it all" in a way that suits both your budget and your soul. Women are powerful and creative creatures. More women are taking themselves back to the sandbox of life and asking the question - "What do I really want to do with my career now that I have a baby?"

After successfully creating and delivering a life why not create and manifest a career that allows for you to work at home, follow your passions, create flexibility, and allow yourself to be a working mom on your own terms? This type of thinking is not for all moms. Some just cannot afford to leave their current job. Some do not want to. Interestingly, there has become a large population of women in the middle who think they can, wish they could, and would love to but just don't know where to begin.

In a perfect world, a career change would begin simultaneously with thoughts of pending motherhood. The act of brainstorming

your skill sets, ideal work environment, and flexible job possibilities would coincide with fertility tests and "honey it's that time of the month" planning. Sometimes it does and it can be very powerful. To manifest the possibilities of a new life and a new career can be a very exciting journey. Lists begin, days are planned, and business proposals are written while working in your current job and counting the days you have missed your period.

This was my scenario - I had hit the mecca of jobs, I knew I could do my job well before and after a baby but had to admit deep down that I really did not want to. I did not want to go back to corporate America after this miracle. I did not want to drive to work, commit to a 9-6 schedule and leave my baby, and my home, at the mercy of others.

Financially, I knew that I had to come up with a game plan well in advance. Through a series of lists, conversations, and investigations my business plan materialized. I decided to go back to school at night while working and trying to conceive. I worked on budgets with my husband to ensure we had some cushion between leaving a job, having a baby, and starting a business. I did not know what order this change would come in - I just knew that if I sat down and thought about it, I was changing my life for a reason. The reason being a combination of love, desire, dreams, goals, and my drive for personal and professional success.

Turns out getting pregnant was harder than I thought. I left my well-paying job before I conceived to focus on conceiving! I spent time relaxing and preparing for my stay-at-home-working mom life.

Looking back, I would not change a thing. Getting away from the stress of work and focusing on my body and my fertility while allowing myself to create my business was my ticket.

After two months my business plan was cooking, I was networking up a storm. I had mentally let go of the angst about getting pregnant and worked towards being healthy and happy. Poof - positive pregnancy test!

Now pregnant, I have continued to grow my business and have the time to take a nap when I am tired or sick. I am half-way through my pregnancy and deep into my Career and Life Coaching business. It truly amazes me! I am thrilled about becoming a mom and having the ability to mother and have a career - at my pace, on my terms.

By osmosis, I have started working with women in similar situations. These women are in the process of becoming pregnant, are currently pregnant or have just delivered their bundle of joy. Some have gone back to work and are considering a second child. No matter what the circumstance, it is possible to make a career change exciting and manageable while juggling all that comes with motherhood, marriage and being a mom!

If you go back to the sandbox of life - what do you want to do with your career? Do you want to create and sell a product? Do you want to offer a service? Do you want to consult in your current area of expertise? Women have the power and the ingenuity to manifest what they want at any given time. It takes time, planning and support. Support from family, friends, colleagues, coaches, pastors.

Creating a life through motherhood can spawn the idea of re-creating your life as a woman. I ask that you think about the possibility and see where it takes you.

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