

# Returning to Work – Readiness Wheel

**Practical - Hours**

Do you know how many hours you want to work? How many would you do for your dream job?

**Practical - Image**

How do you look – do you have the wardrobe to return to work?

**Economic - Salary**

Do you know what salary you want and your market value?

**Economic – Costs**

Have you an idea of childcare and any other support costs?

**Practical - Childcare**

If you need childcare, do you know your options?

**Practical - Skills**

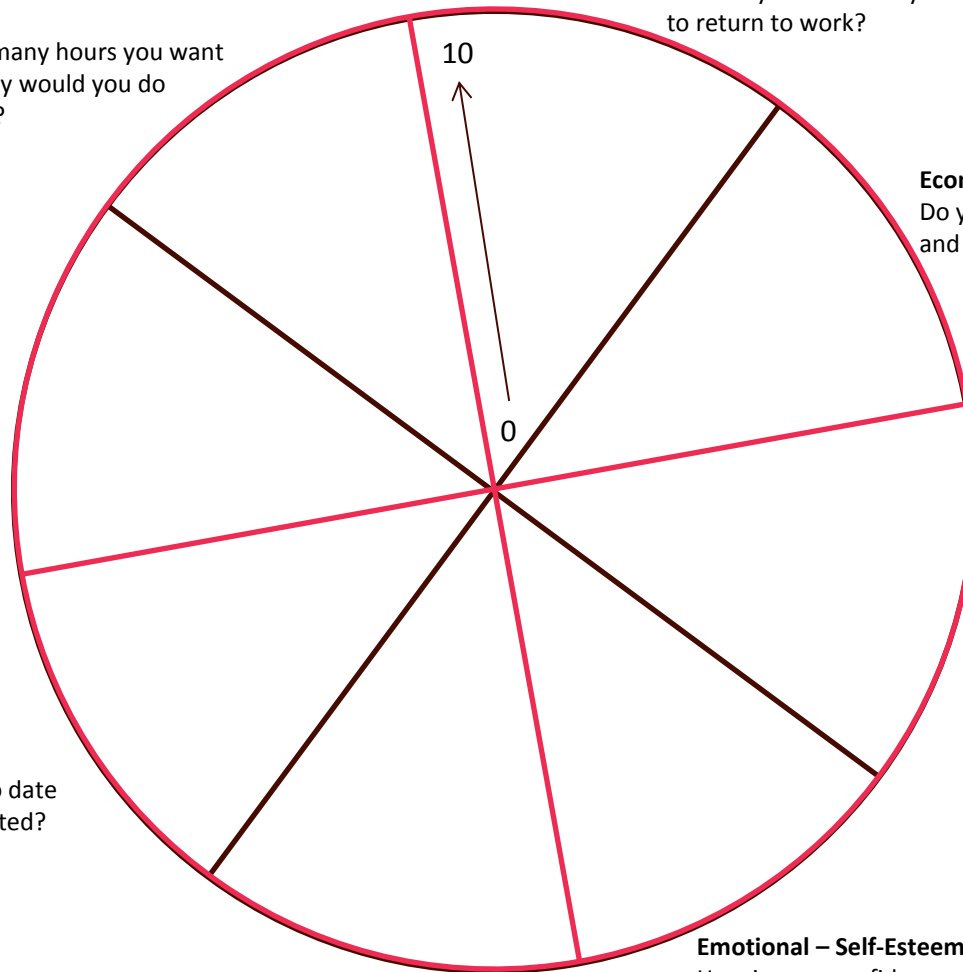
Are your skills up to date and ready to be tested?

**Emotional-Change Ready?**

Are you ready to be separated from your kids, partner and comfort zone?

**Emotional – Self-Esteem**

How is your confidence and self-esteem?



10



0

**Scoring:**  
10 = Great  
0 = Low

Look at each segment and score yourself on each of them. You're looking for a smooth ride so if you have widely varying marks, set yourself some actions to even things out.