

# SSHED

An initiative of Sutherland Shire Council

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## Welcome to the SSHED eNewsletter - Winter issue July 2009

### Kick start your career... Again!

With unemployment rising, many women are looking for a job to help support the family. Often these women have been out of the workforce for a number of years caring for family and young children. For some, it's been years since they have written a resume, attended an interview or worked outside the home. All this can add to a lack of confidence and self belief.

Kathryn MacMillan, Managing Director, [Nine2Three Employment Solutions](#) has written a new book, [Kick Start Your Career... Again!](#), revealing the steps these women need to take to successfully return to the workforce. Kathryn joined the SSHED in 2003 and graduated last year.

