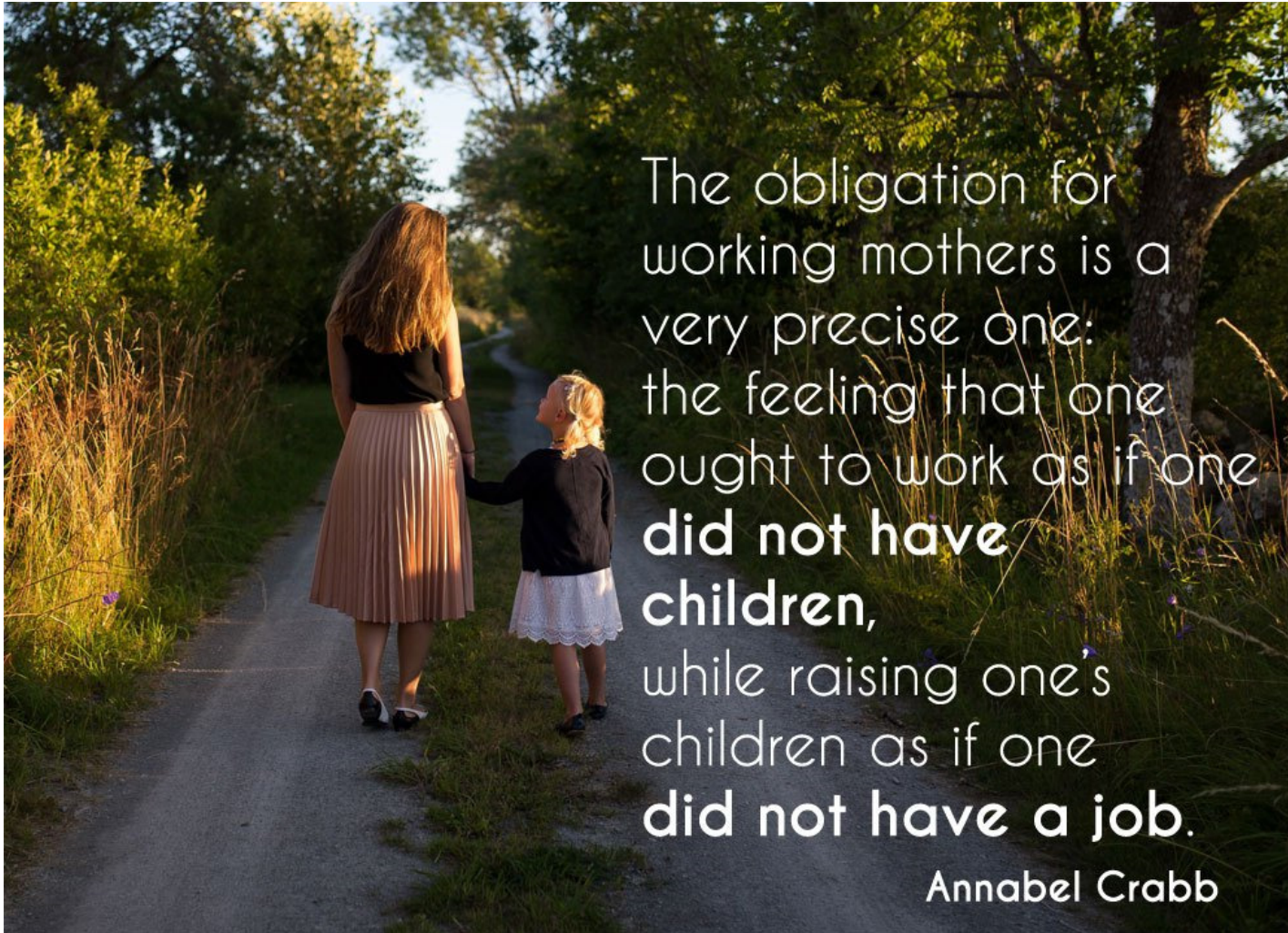


KATY FRIDMAN

FOUNDER OF FLEXIBLE
WORKING FOR MUMS LIKE ME



GROUPS



The obligation for
working mothers is a
very precise one:
the feeling that one
ought to work as if one
did not have
children,
while raising one's
children as if one
did not have a job.

Annabel Crabb



THOMSON REUTERS



propagator



THE KOPPEL PROJECT

margotbakery



A community of parents that shares ideas and asks for advice on flexible working and how to keep your career going once you become a parent

We connect employers & recruitment consultants offering real paid jobs with talented mums by posting/sharing the ads we see and allowing employers to advertise and hire through the group

Flexible Working for Mums Like Me (Dads Welcome!)
Closed Group

Interacting as Flexible Working fo...

About
Discussion
Members
Group Insights
Manage Group

Search this group

Shortcuts
Flexible Working for Mu...
TOP TIPS 4 MUMS! 18
Careering Into Mothe... 1
Crystal Palace Mums 20+
Kate Thornton Faceboo...
Wonderful Working... 2
Surrey Mums in Bu... 20+
MY BEST PRODUC... 8
Flexible Working for... 3
Jobs 4 Women Over... 3
The Latte Lounge (... 20+
LoveYourHairdress... 20+
Incredible Women in... 8

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Write Post Add Photo/Video Live Video ... More

Write something...

Photo/Video Watch Party Feeling/Activ... ...

21 people want to join this group

PINNED POST

Flexible Working for Mums Like Me
Admin · Published by Katy Fridman (?) · June 12 at 9:28 AM · Add Topics

Everyone, as the group has got bigger I thought it would be helpful to make and share some 'rules' (sounds very strict!) - you can find these detailed in the About section of the group. And this is not a rule, but more of a request ... Please share the ❤️ by inviting your friends, colleagues, contacts to the group, the larger the group, the greater the influence.
#flexisbest #changinglives #dreamjob #rules

GROUP BY
Flexible Working for Mums Like...
459 like this

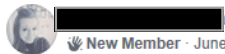
CATEGORIZE POSTS
+ Create Topic ×
Add topics to posts to help group members find the information they're interested in.

ADD MEMBERS
MEMBERS
Embed Invite
10,743 Members

You have over 100 new members this week. Write a post to welcome the 100 newest members.
Write Post

SUGGESTED MEMBERS
Hide
People Who Like Flexible Working for Mums Like Me

COMMUNITY Support Advice



shared her first post.

New Member · June 21 at 7:02 PM · Add Topics

Hello wonderful people. I'm so glad this group was recommended to me. I live in [#Edinburgh](#) and I have experience in [#insurance](#), [#hospitality](#) [#management](#), [#customerservice](#).

My little girl turned one recently and I feel ready to go back to work. Anything admin/insurance related would be ideal. I am also considering [#finance](#) [#apprenticeships](#)

Any help/suggestions/advice on how to make myself more "attractive" to potential employers would be greatly appreciated, as it has been just over a year of me being a SAHM.

Thanks a lot in advance 🍀



Like



Comment



Sophie Barlow and Naz Doe



June 17 at 2:43 PM · Add Topics

Hi ladies,

Thinking of a career change... does any of you left the job and started a new career? Any courses? What did you choose?

Have you found it difficult? Is worth it?

Thank you in advance

3 Likes · 12 Comments



Like



Comment



Lin F

Like · Reply · 6d



My friend with computing degree used to work in IT then moved to data manager within school and now is training to become computer science teacher - she is on a one year programme and got £26k tax free bursary. She has mentor and there is a group of pe... [See More](#)

Like · Reply · 6d

1 Reply



I can't give up hair Mihaela, you are too amazing at it!!!

Like · Reply · 6d

2 Replies



to work in fashion (the business side of it). Wanted to get into more the creative side, but have not found anything suitable so far so started school for becoming a Pilates teacher.)

Like · Reply · 6d



I did! I was in marketing for a large multinational for a long time then retrained as a florist when I had my four kids. I now work from home and run my own business around the kids. Works well and I love it. No regrets

Like · Reply · 6d



Ever thought of becoming a DTP Presentation Operator. Very creative work, very flexible hours as the shifts are 24/7, which is fantastic for those who have children, and the pay is excellent. Or you can just up your skills in PowerPoint/Word/Excel to



May 31 at 4:18 PM · Add Topics

Tips and tricks on how to survive the first few weeks back at work after maternity leave, including how to deal with massive mummy guilt when leaving your child in nursery.

Starting next week 🙄🙄🙄



Like



Comment



[Robin Lee, Anna Louisa Vincent and 43 others](#)



[Bill Dean](#) found that the reality was loads better than my expectation. If they enjoy nursery then there is no need for guilt - you are providing them with opportunities and nursery really develops them. Try and look at the positives like some adult time and focus on the weekends. It will become the new normal soon. ... [See More](#)

Like · Reply · 3w



[Patty P. Smith](#) Plan! Hang your outfits. Fill your freezer and all that dull stuff.

Don't worry about them. They'll be fine!

Like · Reply · 3w



[Celt Cresson](#) They will/should get a lot out of nursery so it's a benefit to them. As is a mother who is happy and professionally fulfilled, plus the extra money in the family coffers.

New things to enjoy at work: quiet time to just sit/read on commute; drinking h... [See More](#)

Like · Reply · 3w · Edited



[J. J. J.](#) It's way way way worse in anticipation than in reality that's all I can tell you - even though it's a loooong time since my two were babies. I never stopped working and, actually, I never felt guilty. Guilt is a pointless emotion. You've made a choice so be happy with it 😊

Like · Reply · 3w



[J. J. J.](#) I echo everything that has been said above. I drove home in tears after I dropped my son of at his first settling in session at nursery and then felt awful for the entire 2 hours he was there but when I realised he was fine, that he loved it and I actu... [See More](#)

James Hart shared a link.
June 5 at 3:27 PM · Add Topics

Hello. At KIDLY we're hiring a part-time Finance/Accounts Manager.

Being a kids retailer run by lots of parents, flexible working is our thing, so we'll fit in with your schedule and lifestyle, but overall we think this will be a 3 days a week role, mostly in our office, in St Albans.

The office is great, in a great location, occupied by 15 lovely people. We all sit together in one big room, listening to Spotify, mainly talking about food, and surrounded by kids products.... [See More](#)



KIDLY.CO.UK
KIDLY - Things for kids you'll love too.
The KIDLY Difference - All our products are tested by real parents. We...

Like Comment

Flexible Working for Mums Like Me, A... [Full Post Shared 419 others](#)

View 5 more comments

 [\[redacted\]](#) worth a Look?  1

Like · Reply · 2w

 [\[redacted\]](#)

Like · Reply · 1w

REAL FLEXIBLE JOBS

All disciplines

All sectors

All levels

Digital Mums
June 8 at 6:30 AM

We're hiring! We're looking for an individual with exceptional organisation and customer-care skills to join our Delivery team.

Apply via workable:
<https://digital-mums.workable.com/jobs/735785>



DIGITAL-MUMS.WORKABLE.COM
Job opening: Delivery Team Administrator at Digital Mums
Job opening: Delivery Team Administrator at Digital Mums. Apply at...

 shared her first post.
New Member · June 20 at 6:23 PM · Add Topics

Hi all,

We are looking for an exceptionally dynamic and personable part time Head of Talent, to join our London office here at M&C Saatchi Sport & Entertainment for three to four days' per week.

Must have previous head of talent, marketing / PR agency and training / staff development experience.

Send me your CV if interested - Jodie.Dobinson@mcsaatchi.com

[#PartTime](#) [#Job](#) [#London](#) [#Marketing](#) [#PR](#) [#Talent](#)



WE'RE HIRING
Brand & Culture Team
M&CSAATCHI
SPORT&ENTERTAINMENT

Like Comment

CONFIDENCE



February 14 · Add Topics

Hi, after weeks of frustration trying to find a part time HR Manager role and getting nowhere (not seeing many and also getting immediately rejected when applying for full time jobs and asking for part time) I wrote a post on LinkedIn that was seen by over 500,000 people and liked by nearly 2000. So many people shared, commented or sent some advice which was fantastic and lead to my new employer finding me and getting in touch directly. It seems more people are now pushing for flexibility whether they are parents or not so more and more opportunities are coming up. I managed to get quite a few recruiters and MD's realise they should think more about whether or not they really need someone full time. Be bold, ask and be upfront about what you need straight away. The more we talk about flexible working and ask for it, the more people who will realise they need us!!!



and 83 others 8 Comments



June 12 at 1:44 PM · Add Topics

So, I was made redundant whilst on maternity leave as Head of Digital for a global communications agency, what a confidence knock I can tell you! But today, I went to a second job interview, and took my 10 month old daughter. I have no childcare, and my daughter doesn't start nursery until September, I explained this to the prospective employer whilst trying not to put them off, and they completely understood and told me to bring her along! Slightly terrifying as I presented to them but such a relief all the same. I was completely honest about my flexible needs, and when asked if I'd be willing to commit to working an extra day, I explained why I couldn't, since I've had my daughter I haven't left her, and I need the space and understanding to ensure we both settle in to our new routine, not the answer they wanted I'm sure, but they completely understood. I almost did an airborne click of my heels as I left! Regardless of whether I get the job or not, I was proud of myself, proud of my daughter and so happy knowing there are progressive companies out there willing to be flexible to parents needs!

549

56 Comments





JUL
9

How to Overcome Your Mid-Career Crisis

Public · Hosted by Flexible Working for Mums Like Me

✓ Going ▾

➦ Share ▾ ...

🕒 Monday, July 9 at 8 PM - 8:40 PM

📍 Facebook Live

About

Discussion

Write Post Add Photo/Video Create Poll



Write something...

3 Going · 32 Interested



Message

Katy, Kat and 3 others are also interested

REAL ISSUES: How To Overcome Your Mid Career Crisis

Details

Do you feel like you are having a Mid-Career Crisis?

You've worked hard for years and suddenly, maybe since you've started your family and become a mum, you've found yourself at a pivotal career cross-roads, where you question the career that you chose and if it suits the person that you've grown into. Or, maybe you are in between jobs, wanting to change career or have lost your confidence and need to take charge of your career path.

Join me, Katy Fridman and the Founders of the Step Up Club Phanelle Fine and Alice Olins, accredited career experts and authors of the highly successful career manual, for a deep dive into finding your groove again and feeling fulfilled in work and life.

See More ▾

Causes



CAREER BREAK

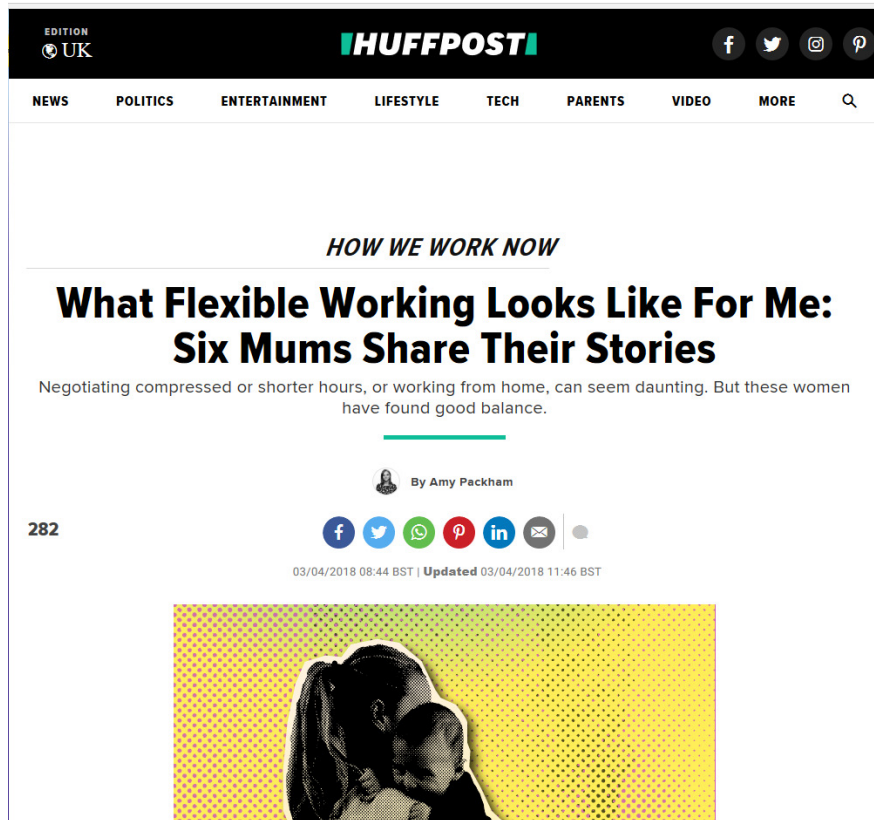
- Be honest, be confident and don't apologise!
- Think about all the new skills acquired during the time
- Don't rush – think it through what you want
- Consider your motivations
- Get advice and support, there is so much out there
- Use your network, open yourself up
- Don't be afraid to ask for what you want



WHAT ARE YOUR OPTIONS?

- Retrain
- Upskill – get your confidence back through knowledge
- Returnships
- Flexible working - Don't be afraid to have the conversation with your employer
 - Working from home / Remote
 - Compressed hours
 - School hours
 - Part time
- Set up your own business





5. "I negotiated a full-time role to 3.5 days."

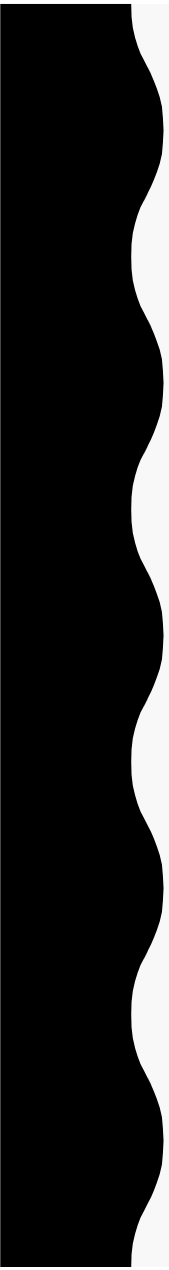


KATYFRIDMAN

Katy Fridman and her two kids. She is the founder of 'Flexible Working for Mums Like Me'.

Katy Fridman, 43, from London, has two children aged six and four, and is a freelance marketing consultant and founder of Flexible Working for Mums Like Me. When she had her first child she was working in a senior role in advertising, but took voluntary redundancy as her role involved long hours and travel. After this, she negotiated a full-time role as a trading director down to 3.5 days. She believes that this was possible because of her experience, explaining: "having great experience worked in my favour as employers have been happy to have a more senior experienced person do the role in less days."

That's not to say she found it easy. "It was hard making that work as I had a number of direct reports and it was a 24/7 business," she says. "The kids were so young and the job was demanding and my director always wanted more of my time. I've been freelancing since and now choose the hours I work."



QUESTIONS