



FREE 25 Day Back to Work Challenge

<https://backtoworkconnect.ie/careerhub/free-25-day-back-to-work-challenge/>

A Confidence & Career Reset for Returners and Career Changers



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Welcome!

Welcome to the Back To Work Connect's **25 Day Back to Work Challenge**.

This workbook has been created to support you through the next 25 days as you reconnect with your confidence, recognise your strengths, and begin taking practical steps towards your next chapter.

Whether you've been away from work for months or years, are considering a career change, or simply feeling unsure about what comes next — you are not alone.

This challenge is not about perfection.
It's about progress.

Over the next 25 days, you'll reflect, rebuild confidence, recognise your transferable skills, and take small manageable steps forward.

Some days will feel easier than others.
That's normal.

The important thing is simply showing up for yourself.

So, let's get started 😊

WEEK 1 — RECONNECT WITH YOURSELF

This week is about reconnecting with yourself, your strengths, and your confidence.

WEEK 2 — RECOGNISE YOUR VALUE

This week focuses on transferable skills, achievements, and recognising your value.

WEEK 3 — RE-ENTER THE WORLD OF WORK

This week is about momentum and practical action.

WEEK 4 — TAKE ACTION

This week focuses on visibility, connection, confidence, and recognising your progress.

FINAL REFLECTION

This week is about reflecting on your achievements.

WEEK 1 — RECONNECT WITH YOURSELF

This week is about reconnecting with yourself, your strengths, and your confidence. Before we think about applications or interviews, it's important to recognise everything you already bring.

Week 1

Day 1 What would your future self thank you for starting today?

Day 2 What skills do you use every day?

Write down:

Skills you use

Responsibilities you manage

Problems you solve

Day 3 Write down 5 things you've handled in life that required resilience.

Day 4 What did you do before your career break?

Previous experience, roles, responsibilities, achievements or qualifications

What are you proud of from that time?

Day 5 Ask 3 people

"What do you think I'm good at?"

WEEK 1 — RECONNECT WITH YOURSELF

This week is about reconnecting with yourself, your strengths, and your confidence. Before we think about applications or interviews, it's important to recognise everything you already bring.

Week 1

Reflection

Looking Back On Week 1

What did you learn about yourself this week?

What strengths stood out most?

What would you like to carry into next week?

WEEK 2 — RECOGNISE YOUR VALUE

This week focuses on transferable skills, achievements, and recognising your value.

Week 2

Day 1

Ask yourself

What 3 skills do I already have that could apply to a future role?

How have you used these skills recently?

Day 2

Ask yourself

What do people naturally come to me for help with?

What does this say about your strengths?

Day 3

Rewrite Your Story

Instead of "I've been out of work for years." What else could you say?

Day 4

Write down your WIN list:

achievements, challenges overcome, proud moments, problems solved

Day 5

Ask yourself

What strengths or transferable skills are becoming clearer to you?

WEEK 2 — RECOGNISE YOUR VALUE

This week is about reconnecting with yourself, your strengths, and your confidence. Before we think about applications or interviews, it's important to recognise everything you already bring.

Week 2

Reflection

Looking Back On Week 2

What has changed in the way you see yourself?

What strengths are you beginning to recognise?

WEEK 3 — RE-ENTER THE WORLD OF WORK

This week focuses on transferable skills, achievements, and recognising your value.

Week 3

Day 1

Write down:

Write down everything you've managed during your time away from formal work.

Day 2

Update One Thing

LinkedIn, CV, Profile photo, Bio

Day 3

Spend 15 minutes browsing roles that genuinely interest you

What types of roles interested you today?

What stood out?

Day 4

Find one role that interests you and apply, even if you don't meet every requirement

What role did you apply for or explore further?

What fears or doubts came up?

What helped you move forward anyway?

Day 5

Write a simple, confident explanation for your career break.

This week is about momentum and practical action.

Week 3

Reflection

Looking Back On Week 3

What practical step are you most proud of this week?

What feels more possible now than it did before?

WEEK 4 — TAKE ACTION

This week focuses on visibility, connection, confidence, and recognising your progress.

Week 4

Day 1 Learn something new
Watch a webinar, listen to a podcast, or explore a short online course.
What did it spark for you?

Day 2 Answer this question out loud:
“Tell me about yourself.”

Day 3 Comment on one LinkedIn post today.
What did you do today to show up professionally?
How did it feel?

Day 4 Message one former colleague, friend, or connection.
Who did you reconnect with today?
What did you learn from the conversation?

Day 5 Write down 5 things you’ve done during this challenge that you wouldn’t have done 4 weeks ago.

WEEK 4 — TAKE ACTION

This week focuses on visibility, connection, confidence, and recognising your progress.

Week 4

Reflection

Looking Back On Week 4

What are you most proud of?

What has changed in your confidence?

What is your next step?

Final Reflection

You are not starting from scratch.

You are starting with:

- ✓ experience
- ✓ resilience
- ✓ perspective
- ✓ transferable skills
- ✓ potential

Thank you for taking part in our **25 Day Back to Work Challenge**.

At Back to Work Connect, we are committed to supporting midlife Returners not just with practical tools, but with the confidence and community needed to take that next step.

And if you're considering your own return-to-work journey — know this: you are not alone, and you are more ready than you think.

Sign up to our newsletter & job alert today and never miss the ideal opportunity again ! Sign up [HERE](#)

If you would like to take part in this survey, you can do so via the link below. The survey is anonymous, only takes a couple of minutes, and your insights will directly shape resources and opportunities for future Returners. There are no right or wrong answers — we're simply interested in your perspective.

Click here [👉 Back To Work Survey](#)