



SANGITA GUPTA AVASTHI

SANGITA'S SUCCESS STORY

RELAUNCH STATS

Length of
Career
Break  13
years

Nature of
Career
Break  Childcare

Time to
Relaunch  1
year

CAREER TRAJECTORY

Pre-Break Employer
and Job Title

KMC Telecom
Assistant Treasurer

Employer and Job
Title at Point of
Relaunch

Goldman Sachs Returnship
Program
Associate

Current Employer
and Job Title

Scotiabank
Director

ABOUT

Sangita Avasthi successfully completed the 2016 Goldman Sachs Returnship Program. She subsequently joined the firm within the Finance Division as an Associate in Corporate Treasury and was promoted to Vice President within one year. Along with her team, Sangita transitioned to the Risk Division at Goldman Sachs in 2018 but continued to focus on liquidity risk management. In 2021, Sangita joined Scotiabank as a Director in U.S. Treasury, focusing on liquidity reporting and analytics. Previously, Sangita held positions in asset management and treasury management. In addition, she worked in project finance lending at Deutsche Bank.

HOW DID BEING A PART OF A RETURN TO WORK PROGRAM HELP YOUR RELAUNCH?

To me, being part of a return to work program cohort gives you an opportunity to just jump back in. Everyone understands that you've taken time off. They've accepted it. That's what the program is all about. And then, all of that just gets put away, and you can put your mind directly to the task at hand, which is getting the job done, focusing on the work, and proving what you're capable of.

WHAT DID YOU FIND MOST CHALLENGING ABOUT RELAUNCHING?

I think I was my biggest challenge. It was my own internal voice telling me it's been too long. You've been out too long. You can't do this. Who's going to want to hire you after 13 years out of the industry? It was challenging to get over that mindset, because it really takes a growth mindset to do something like this. You have to be convinced that you could learn whatever you need to learn to do the job. Also, you just need to have confidence going into any interview. I didn't think I had the confidence. And I flubbed a couple of interviews, but I had to get past that and say, you know what? Just keep going. Just keep meeting people, keep having conversations and something will happen.

WHAT ADVICE WOULD YOU GIVE TO OTHER RELAUNCHERS?

I think it's important for relaunchers to brush up on basic skills that are necessary in any workplace, like Outlook, PowerPoint, and Excel. Also, don't be scared to network because the only way I heard about iRelaunch is when I was being very open with the moms at school, some of whom had already relaunched. If you're uncomfortable about telling people that you want to do something, or that you're looking for a job, then you're not going to necessarily make the connections. And finally, pick the role wisely. How can you be a convincing applicant if you really aren't sure that's the right role for you?

To read Sangita's full success story, visit [iRelaunch's Success Story Archive!](#)