



RELAUNCH STATS

Length of Career Break  8 years

Nature of Career Break  Childcare

Time to Relaunch  1 month

CAREER TRAJECTORY

Pre-Break Employer and Job Title

KTVX
Reporter/Producer

Employer and Job Title at Point of Relaunch

Return Utah
Communications Specialist

Current Employer and Job Title

Return Utah
Program Manager

SHAY BAKER

SHAY'S SUCCESS STORY

ABOUT

Shay Baker is the new leader of “Return Utah,” Utah’s return to work program that launched in the fall of 2021. Utah is the first state to run a return to work program. Shay was a relauncher participant in the inaugural cohort of Return Utah and was asked at the end of her returnship to take the lead role of the Return Utah program, which has more than doubled in size for the next cohort starting in January. Shay, a former television reporter and producer who also spent four years as a human resources specialist earlier in her career, used her strong communications, media and public relations background in her Return Utah role at the State’s Commerce Department.

WHAT ADVICE WOULD YOU LIKE TO GIVE RELAUNCHERS WHO WANT TO REENTER THE WORKFORCE?

Just be brave. I think it's scary when you've been out of the workforce, There's a lot of self-doubt. It's terrifying to just rewrite your resume. And how do you go into an interview when you haven't really had a conversation that was work-related in many years? In my case I felt like my vocabulary wasn't up to par, so I practiced interviewing. I made my husband ask me questions. I rehearsed in the mirror as I would put my makeup on in the morning for a week or two, because I just was unfamiliar with it.

My second tip would be to utilize your network. When I was working on my resume, I called some friends and I said, “I'm sending you this resume. What do you think? What do you think I should do?” I talked to people. I got ideas.

I had a few friends who were willing to hear about all my concerns, all of the things that excited me about the opportunity. And they were so supportive. I had a friend who even talked to her husband about it, and then she texted me and said, “TJ wants to talk to you and give his opinion.” It meant a lot to me that so many people were cheering for me and my success.

So, utilize that network when you feel like you need that extra confidence boost, and then once you're feeling comfortable with yourself, just be grateful and humble to all those that helped you get there.

HOW DID YOU OVERCOME DOUBTS ABOUT YOUR RETURN TO WORK?

I'm a firm believer in doing “big and scary” things in general in your life. But I think when you have not been working for a while, your confidence does take a hit. You wonder if you can really do the things that people think you can do.

But, sometimes we think too much about it. If you want to do it, just do it. And the rest will work out from there. It always does. Everything will get worked out on the way.

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