Relaunch Readiness Assessment

Are you ready to relaunch? Take the iRelaunch Readiness Assessment to help you determine whether it's time for you to return to work.

Part I. Appetite for Work

1. I miss working…
   Not at all     Somewhat        A lot
   1  2  3  4  5  6  7  8  9  10

2. For the time being, I am very happy being on a career break.
   Agree Strongly     Somewhat    Disagree Strongly
   1  2  3  4  5  6  7  8  9  10

3. I have a hobby or volunteer work that substantively engages me.
   Agree Strongly     Agree Somewhat    Disagree Strongly
   1  2  3  4  5  6  7  8  9  10

4. I could see myself going back to work in _______ years.
   1  2  3  4  5  6  7  8  9  10
   (Circle the number in the second row below the answer you choose in the first row)

5. The average number of hours per week that I would be willing and able to spend working is….
   0  5  10  15  20  25  30  35  40  40+
   1  2  3  4  5  6  7  8  9  10
   (Circle the number in the second row below the answer you choose in the first row)

6. I/Our family could materially benefit from my earning money.
   Disagree Strongly     Somewhat        Agree Strongly
   1  2  3  4  5  6  7  8  9  10

Add up all the numbers you circled. Your score for Part I is ___________

Please proceed to Part II on the following page.
Part II. Child, Elder Care, or Other Career Break Responsibilities

For each question, circle the number in the second row below the number you choose in the first row.

1. Number of children not yet in school/Number of high-need eldercare dependents or equivalent:
   - 3+  3  2  1  0
   - 1  2  3  4  10

2. Number of children in preschool/Number of somewhat high need eldercare dependents or equivalent:
   - 3+  3  2  1  0
   - 1  2  3  4  10

3. Number of children in elementary school:
   - 3+  3  2  1  0
   - 3  4  5  6  10

4. Number of children in high school:
   - 3+  3  2  1  0
   - 4  5  6  7  10

5. Average number of hours per week I spend between 8am and 6pm on weekdays in the care of or related to the care of my children and/or an elderly or ill relative or equivalent:
   - 50  45  40  35  30  25  20  15  10  5 or less
   - 1  2  3  4  5  6  7  8  9  10

Add up all the numbers you circled. Your score for Part II:

[Blank]

Please proceed to Part III on the following page.
Part III: Partner, family, or other sources of support

1. I have a partner with some schedule flexibility, or I have access to unpaid help from a family member or other person.

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<th>Very Little</th>
<th>Somewhat</th>
<th>A lot</th>
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2. I have a partner, family members, or others who help me who would be supportive of my going back to work.

<table>
<thead>
<tr>
<th>Disagree Strongly</th>
<th>Agree Somewhat</th>
<th>Agree Strongly</th>
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3. I have a partner, other adult family member, or other person who would be available to help me with childcare-, eldercare- or other career-break related tasks an average of ___ hours per week between 8am and 6pm (circle the average number of hours/week).

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Add up all the numbers you circled. Your score for Part III:

Relaunch Readiness Assessment Interpretation

Interpretation of Scoring for Part I
If you score 45 or above, you have a strong desire to relaunch. Even if your scores for Parts II and III are low, you may wish to explore child care, eldercare or other coverage options to enable you to get back to work in some fashion.

If your score falls between 30 and 45, you currently have a moderate appetite for work. Combined with a high score in Parts II and III, you may decide to give it a go.

If you score less than 30, you’re not very motivated to return to work at this time. Consider investing more time in your hobbies and volunteer work, particularly those that might open up career options for you later. Also, use this time to explore what might interest you when you’re ready to go back to work in the future.

Interpretation of Scoring for Part II
If you score 40 or above, you definitely have time to explore relaunching your career. Couple this with a high score in Part I, and you’re raring to go.

If you score between 30 and 40, you have reasonably demanding family or other career break obligations.

If you score high in Parts I and III, however, you have the motivation and support for a successful relaunch. A high score in Part I and a low score in Part III will make it more difficult, but nothing’s impossible.
If you score below 30, you have a lot of ongoing career break demands. If you score high on Parts I and III, however, don’t be discouraged. If you’re willing to explore child care, eldercare or other coverage options for part of the week, you can still relaunch. This will most likely be necessary if you score low on Part III.

**Interpretation of Scoring for Part III**
If you score 20 or above, you have strong partner, family, or other support for a relaunch. Couple this with a high score in Part I, and you’re off to a strong start, regardless of your score in Part II.

If you score between 15 and 20, you have a reasonable amount of support for a relaunch. Coupled with a high score in Parts I and II, your challenge is manageable. If you have a low score in Part II, you may need to engage outside child care, eldercare or other coverage resources in order to relaunch.

If you score less than 15, you’re not getting much partner, family or other support for a transition back to work. However, if you scored high in Parts I and II, you may not need that much support to pull it off. If you scored low in Part II, you’ll almost certainly need to engage outside resources to help you with your child care, eldercare, or other career break responsibilities. You should continue to revisit the relaunch issue with your partner, family, or other person to see if you can garner more support.