



# ZARMEEN HUSSAIN

## ZARMEEN'S SUCCESS STORY

### RELAUNCH STATS

Length of  
Career  
Break  14  
years

Nature of  
Career  
Break  Childcare,  
family  
health  
Issues

Time to  
Relaunch  4  
years

### CAREER TRAJECTORY

Pre-Break Employer  
and Job Title

Multivision Inc.  
Human Resources Manager

Employer and Job  
Title at Point of  
Relaunch

Lancium  
Human Resources  
Consultant

Current Employer  
and Job Title

GroupM  
Senior Associate Benefits  
Analyst

### ABOUT

Zarmeem relaunched as a Senior Associate, Benefits Analyst at GroupM, a media investment company based in NYC after a 14 year career break. Zarmeem supported her husband while moving countries. Initially due to child care issues and later due to health issues in the family, her anticipated 2 year break turned into 14 years! She was sure she wanted to work in the Human resources industry so she did a SHRM certification while contemplating a relaunch. She started her relaunch journey with baby steps by joining a startup as a consultant, then as an HR Covid coordinator.

A five year long journey from constant rejections to short term consulting gigs, finally opened the door for her to restart her career in Corporate America in a full time capacity.

### WHAT HAVE YOU FOUND TO BE MOST HELPFUL IN YOUR RELAUNCH JOURNEY?

#### HAVING A MENTOR!

- My mentors helped me look at everything from first principles. From advising me to apply for jobs even with 80% or less match to not being afraid of taking up space and wearing the head scarf with elan, they have been a godsend. My mentor nudged me to think about my body language, focus on my elevator pitch during interviews and not be distracted or intimidated since we have too much information overload nowadays.
- They also advised me to network extensively and reach out to everyone, even people who are 20 years younger to me without any judgments or pre conceived notions. And I am glad I did that as I was so pleasantly certified how supportive they were. A little spark gives you so much confidence.

### HOW DID YOU APPROACH RELAUNCHING YOUR CAREER IN A NEW COUNTRY?

- Being open to different opportunities: I knew that as an immigrant and starting over in a new country, it may take time to find the perfect job. I was open to taking on temporary or contract work to gain experience and build my network.
- Understanding cultural nuances- When I decided to relaunch, I immersed myself in LinkedIn to look at more people like me who had a career break- my contemporaries. I came across mostly women, mid 30s with a maximum of 2-3 years of career gap who had taken a pause when they were at higher designation. I thought to myself- that I had to stop only 3 years into my career as I moved countries. I started thinking what do I bring to the table? And the answer was - my lifeskills, my wisdom, my soft skills.

### WHAT IS YOUR ADVICE TO RELAUNCHERS?

- Remember the 4 P's - Prayers, Patience, Persistence, and Perseverance
- Speak up - Talk to as many people as possible and let them know you are looking for work. I found out about iRelaunch at a networking event.
- Get out of your comfort zone- It can be uncomfortable to hear about our weaknesses or mistakes, but if we are open to it, constructive criticism can be like liquid gold in helping us grow and improve.
- Upskill and find your non-judgmental group- Having a supportive group can provide a safe and comfortable environment to ask questions, seek advice, and discuss concerns.

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