



KAROLYN DIAMOND-JONES

KAROLYN'S SUCCESS STORY

RELAUNCH STATS

Length of
Career
Break  15
years

Nature of
Career
Break  Child
Care

Time to
Relaunch  2
years

CAREER TRAJECTORY

Pre-Break Employer
and Job Title

St Joseph's/Emory Hospital
Outpatient Surgery Nurse/
Pre-op Testing

Employer and Job
Title at Point of
Relaunch

Amedysis Home Hospice
RN Case Manager

Current Employer
and Job Title

Pruitt Health
Compliance Nurse

ABOUT

Karolyn Diamond-Jones is a Registered Nurse who started her career in cardiac care, open heart and transplant.

Prior to her career break Karolyn did PRN/temporary contractual work in worksite wellness and home health.

While she kept her license intact, when she needed to return to the workforce due to her family's financial situation, the state of GA required her to take a refresher course through a local community college. In addition to her BSN in Nursing from Emory University, Karolyn also holds her MPH in Public Health/BSHE from Emory University and currently holds a certificate in Legal Nurse Consulting.

WHAT WAS THE MOST EXHILARATING PART OF YOUR RELAUNCH JOURNEY?

Honestly, finally getting that offer was really the most exhilarating. What was really interesting was I thought to myself, "Okay, I'm going to walk in this room. I'm going to give them my absolute best. I'm going to be as genuine and as solid as possible and let them know that I really want this job, and that I can really be a great asset to their team." I really wanted to sell myself so I served up my very best self because I needed this for my family.

WHAT DID YOU FIND MOST HELPFUL IN YOUR RELAUNCH PROCESS?

Given we were on a budget...as much as I wanted to hire a career coach, those were very expensive, given our tight budget. But I did reach out to a lot of people in the community and found resources like the Roswell United Methodist Church Career Net in Atlanta, as well as a few nursing recruiters on LinkedIn thinking they would be a great resource and may be willing to provide me with some tips. But I would offer two pieces of advice to relaunchers taking this approach...you can't be afraid to ask for help. Believe it or not, a lot of people are happy to share their expertise with you when you ask politely. Also, don't leave them guessing...you have to be specific and focused with your ask. [Continue reading Karolyn's great advice on this topic on the iRelaunch Success Stories Archive...](#)

WHAT DO YOU WISH THAT YOU COULD CHANGE ABOUT HOW CAREER BREAKS ARE PERCEIVED?

The reality is that the employer sometimes sees older workers as a liability, because they feel that they're going to run into health problems, and they're going to be out more, and they're going to be expensive due to their vast years of experience. But here's the flip side to all of that: Yes, we do have experience along with wisdom and insight too. And you can always teach a skill, but you can't teach experience. A lot of younger workers may have the skills, but they don't have the experience.

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