



SANDHIYA KALYANASUNDARAM

SANDHIYA'S SUCCESS STORY

RELAUNCH STATS

Length of
Career
Break  4
years

Nature of
Career
Break  Child care,
personal health,
spouse/partner or
family members'
health

Time to
Relaunch  1.5
years

CAREER TRAJECTORY

Pre-Break Employer
and Job Title

Cisco
Partner Manager

Employer and Job
Title at Point of
Relaunch

iRelaunch
Market Research and
Project Manager

Current Employer
and Job Title

Cisco
Business Operations Manager

ABOUT

Sandhiya is a proven Business Operations Manager adept in working on a global scale to deliver bottom-line impact on projects and driving strong positive outcomes. Sandhiya is an analytical problem solver with strong organizational skills and deep experience in both Corporate and Academic settings, managing partner relations at Cisco, handling communications for an education technology startup, running procurement and operations for research labs at both UC Berkeley and Stanford University.

Sandhiya relaunched her career after a 4 year career break first by joining the iRelaunch team as a Market Research and Project Manager for a 3 month contract and at the end of that project, through an offer to return to her prior employer. Sandhiya is now a Business Operations Manager at Cisco. She has a Masters in Biochemistry.

WHAT WAS THE MOST EXHILARATING PART OF YOUR RELAUNCH JOURNEY?

I really used to pack my days with different things because I couldn't sit still. I had to keep moving and keep doing something. I needed the mental stimulation and intellectual challenge. So I used the time I did have to explore of all my interests, attending and talking to philosophy professors, researching epistemology, science and art...but I didn't have a structured way about my day because I wasn't working in any particular field, I was just filling up my time doing all these things. I was so packed, my husband would say, "I need to make an appointment to meet with you" when I was still on my career break!

WHAT DID YOU FIND MOST HELPFUL IN YOUR RELAUNCH PROCESS?

I actually found the [iRelaunch Return to Work Roadmap](#) the most helpful, and I'm not just saying that because I used to work for iRelaunch! I wish that I had when I first started thinking about relaunching, because it would have helped me organize myself, my thoughts and my ventures into my varying interests. It's given me a lot more resources than I was finding by simply Googling. The Roadmap really structured my thinking around relaunch and because I was testing out and doing a lot of different things.

WHAT ADVICE WOULD YOU GIVE TO FUTURE RELAUNCHERS?

Keep at it - you can do it. Definitely reach out to your network and don't feel like you have lost something because you have taken time off. You took time off for a specific reason which you don't have to justify but that has made you a better person, a stronger person, being able to handle things in a much more mature and efficient way than before. Believe in yourself and keep at it.

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