



## **Mommy-Friendly Careers: Jobs That Fit the Lifestyle and Demands of Being a Mother**

The birth of a child marks a major milestone in a woman's life, forever changing her view of the world around her. It is hard to describe the feeling that comes holding a new life as it falls asleep in your arms, but it is an unforgettable one. Sadly, most jobs offer only twelve weeks of maternity leave, which many new mothers say is not nearly enough time to be with their child at that early stage. However, in the current economy, many mothers do not have the luxury of being able to stay home with their child. A mother losing her income would be a financial disaster for most families.

Going back to a 9 to 5 job is a difficult transition to make. Conflicting schedules often make it a necessity for many to leave their children at a daycare facility. Fortunately, many alternative career paths exist that allow women to fit work into their new lifestyle as a mother, without sacrificing their financial stability. Here are two of the top jobs that make the equation of work and home easy to balance:

**Massage Therapist.** As one of the most ancient forms of relaxation, massage therapy has never gone out of style. Massage therapists gain great joy through their healing touch while bettering the lives of people around them. They may work independently or in a variety of different locations, including luxury resorts or day spas. After receiving the proper training, this career can easily fit into the busy lifestyle of a new mom.

**Yoga/Pilates Instructor.** Interest in this non-impact form of exercise has increased dramatically in recent years. With so many styles of movement to teach, an instructor has the ability to make each day new and exciting. Popular among mothers as one of the few career fields where personal health is part of the daily work routine, the teacher often benefits as much as the student does. Offering instruction in the form of private sessions or classes at a yoga studio gives the instructor the flexibility to choose their own schedule.

**Cosmetic Laser Technician.** Cosmetic laser procedures, such as laser hair and tattoo removal, have become big business. Training to become a certified cosmetic laser technician is easier than one might think. Two-week hands-on programs are available that allow mothers to quickly start a career in medical aesthetics, preparing them to work locations such as medical spas and doctors offices. Building a clientele is easy in this booming industry and the flexible hours allow plenty of time for baby bonding. Some

medical aesthetic schools, such as National Laser Institute in Arizona, even go a step further by offering job placement after graduation. Additional information about career training in this field is available at [www.NLionline.com](http://www.NLionline.com).

I will contact you soon to evaluate your interest in this story. In the meantime, if you would like any additional information about cosmetic laser training programs, please contact me directly at [Jeff@NLionline.com](mailto:Jeff@NLionline.com) or (480) 222-4383.