



## Welcome Back to a Returning Employee

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We are very



See how these changes can benefit you in your role, and how your unique perspective/experience can gradually inform these new developments, now that you are back.

**Ask for help.**

No matter how much you may value your job, returning to work may be harder than expected. You have had an experience that has perhaps changed you, or at least changed your focus for a time. You may feel like you are returning to the “unknown.” You may also wonder about your colleagues’ responses to you, their assumptions, etc.

It is important not to isolate yourself nor to feel that you have to over-explain work related issues or concerns emerge, seek your supervisor’s ear, understanding, advice, etc. Know that you also have an HR Advisor or Direct Services Representative available in your area to guide