

Presents

Career Restart[©]
for Women Wishing to Return to the Work
Arena after a Career Break



A guided 1 day workshop which rebuilds confidence and re-awaken skills in women who wish to return to a career in Science, Technology, Engineering or Maths.





Tectre

Course summary:

The challenges women face when wishing to return to a professional career within SET or STEM after a substantial break, can feel insurmountable. The challenges are experienced on multiple fronts, from loss of confidence, a lack of clarity around where your skills now fit in the world of work, finding sustainable child care to managing and integrating your work and life into one manageable unit.

It is widely known that women are seriously underrepresented in the SET professions. **Career Restart**© aims to begin bridging that gap by supporting women who wish to return or start a career within SET or STEM sectors in a practical way.

Course overview:

Career Restart© provides women with the necessary support to create a sustainable career within the STEM or SET sectors by building their confidence around their value and abilities, supporting them creating the kind of CV which will get them noticed along with hints and tips on how to use social media in their personal marketing. **Career Restart**© supports women with information about where to obtain continued support which is underpinned by practical skills and advice to help them succeed. Isn't it time you took another look at restarting your career?

TECTRE supports the development of women in the STEM and SET business arena.

By attending this workshop attendees will:

- Become clear about who you are and what skills you have to offer
- Matching your skills to the employers need - looking at job boards
- Gain hints and tips for updating your CV to showcase your skills in the best light
- Learn how to present yourself in a professional market including how to use LinkedIn
- Myth busting - Learn the real truth about the value of your skills in the STEM arena
- Learn about what's new and what's hot in the technology field since you worked
- Learn how to build and maintain your network to support your career
- Develop strategies for building a sustainable Work/ Life integration
- Walk away knowing you have all the information you need to return to the world of work and where to obtain on-going support.

At each event we include a post course networking session with key employers in the field.

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