



First 3 months at an International Organization

A message from the Founder - Wiola Stasieluk

I have entered international organizations 3 times - EU, UN, OECD - 3 times I was exposed to intense, overwhelming, and transformative experiences.

Every time I moved to a new country, entered a new building, and sat in my first days during 'introductory' meetings with colleagues, I felt extremely nervous.



How to behave? What to say? Am I even good enough for my role? Will my supervisor be a good one? How to network with colleagues? What subjects are sensitive? What's the culture of this organization? Why is everyone speaking in this secretive acronym language?

By the third time, I entered an IO - this time it was OECD - I had experience in setting up a structure for myself to accelerate during the first 3 months in that organization. Not only did it work incredibly well in calming my nerves, but also allowed me to perform, communicate, and connect to my team much better. Within 3 months I felt comfortable in my job, in my sector, in the team, and in the international organization I worked at.

I am SO excited to share this with YOU in this programme!

Programme Structure:

3 sessions across 3 months:

- **First month: EXPLORATION & LEARNING**

Explore your job, sector and international organizations: clarify your responsibilities, get to know your team, get your firsts tasksdone effectively

- **Second month: INTEGRATION**

Integrate into your team, communicate in your work effectively and manage your time well.

- **Third month: REFLECTION & PLANNING**

Reflect on your experience so far and plan your next steps

Session Details



- Format: Hybrid (pre-recorded videos + live coaching)
 - **Pre-session:** 1-3 hours of videos and exercises via [online platform](#)
 - **Live session:** 1-hour one-on-one coaching
- Intensity: 1 session per month
- Engagement: Full dedication required (3-6 hours per session)



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Sessions breakdown

First month: EXPLORATION & LEARNING

Structure: Online Course + 1-1 Coaching Session

Understand your organization. Listen to your teammates. Understand your role within the team. What is your scope of responsibility? What is expected of you?



Online Lectures:

- Getting to know your international organisation
- Getting to know your sector
- Getting to know your job

Exercises:

- Your Organization
- Your Sector
- Your Job



Second month: INTEGRATION

Structure: Online Course + 1-1 Coaching Session

Understand the lingo of your organization. What does it mean to perform well? Communicate well and prioritise your workload. Understand your place within the team.

Online Lectures:

- Integrating into your team
- Communicating effectively at your work
- Managing and prioritising your time

Exercises:

- Mapping team roles
- Communication in your IO
- Methods for time management & workload prioritization





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Sessions breakdown

Third month: REFLECTION & PLANNING

Structure: Online Course + 1-1 Coaching Session

Reflect on the experience you have had so far to strategically plan for your next career moves.



Online Lectures:

- Evaluating your tasks and responsibilities
- Your personal growth
- Your career development

Exercises:

- Reflecting on your tasks and responsibilities
- Reflecting on your personal growth
- Reflecting on your career development

Summary.

The program is designed to accelerate your first 3 months at an international organization.

In three sessions, set up 1 month apart, you discover, learn, and expand A LOT about your job, team, sector, tasks, division collaborations.... and even more so about yourself.

During the 1-1 career coaching session, apart from discussing the online course, we delve deep into specific issues, questions, and dilemmas you might have at each stage of your journey:

What is appropriate to do? How to handle a particular situation? What to do next?

Let me guide you in your first 3 months in an international organization.

