## HO READY COMMUNITY

#### **JUDITH KOREN**

Read about Judith's experience with the Early Career Coaching Programme



motivating, comprehensive, extremely informative, highly engaging and life changing!

'As a recent graduate of a masters program, I felt lost in the job search and far behind other candidates who have similar profiles to mine. Wiola's sessions allowed me to successfully develop a strong structure and framework to follow for the application process, which reduced my anxiety and stress. Now, being able to better manage the process, I can approach applications with greater confidence'



## Why did you decide to take the IO Ready Early Career Coaching Programme?

My interest in the program stemmed from the need for support in navigating the IO/ international job market. I was inexperienced and my graduate university did not prepare me well for post-graduation. I had so many questions, concerns, and hesitations with no answers, all of which negatively impacted my confidence when approaching the application process.

With this in mind, when I came across Wiola's program on LinkedIn, I knew the mission and priorities of the organization were exactly what I was looking for.

Additionally, I found that Wiola's advice on IOs and suggested methods for career improvement would provide fruitful results – and could not be offered by anyone else in the career support market – because her impressive career based on her background proves that her experiences, methods and advice are not to be overlooked.





#### What was your experience with the Programme?

My overall experience with the program was **highly positive** and, honestly, life-changing.

Prior to session 1 Wiola established what the nature and the environment of the program would be like and this convinced me that the program would be "worth it". It was easy to realize that the nature of the program is to learn, and the only way to do so is by being vulnerable. Further, it was easy to be vulnerable because the environment of the program was non-judgemental and welcoming.

I came into the program very anxious, stressed and unsure – and Wiola immediately picked up on this during session 1. As a result, Wiola adapted and I did as well. I knew there was nothing to be anxious, stressed, or uncertain about because her preparation for and guidance during each session spoke for itself: this is a place to learn, grow and better understand myself as a candidate.

I would not be able to navigate the job market today without her perceptive, highly relevant and reliable advice.





# How did Wiola's coaching, support, and personality enhance your experience of the programme?

I adore Wiola (and I am not just saying this because this is a testimonial she will read). Wiola is a **beaming light of positivity, innovation, creativity, intelligence, wit and wisdom**.

Before the courses began, I was afraid of what the personality and energy of the career coach would be and I questioned if I would feel comfortable to share the more vulnerable aspects of my job situation. I quickly learned that Wiola creates a comfortable environment and encourages being vulnerable so that I can improve upon my weaknesses (and also identify my strengths!).

In other words, Wiola's support, smile, beautiful personality and calm, welcoming demeanour created an environment that fostered self-reflection, growth and positivity.





# How did Wiola's coaching, support, and personality enhance your experience of the programme?

Additionally, Wiola is the perfect definition of a successful, powerful and highly capable woman – in a field dominated by men – who broke the barriers to entry.

Wiola did it on her own through resilience, persistence and mental toughness and now she is **empowering young people to fight for the careers they want and deserve**.

It is important to understand what the barriers to IO employment look like: financial barriers, social barriers, structural barriers, perhaps even cultural barriers – and Wiola is one of the only people I know who is actively breaking these barriers by not only doing it on her own but also, again, empowering young people by sharing her knowledge, expertise, experiences and wisdom.





## Would you recommend the IO Ready Early Career Coaching Programme?

YES, I highly recommend the IO Ready Early Career Coaching Program. In my opinion, the key audiences are those about to graduate and enter the job market, those freshly graduated and actively searching, and those within their early career looking to improve themselves as applicants.

Rather than learning by doing, **get a head start and learn from someone who already is highly successful and "hacked the system"**.

I certainly would retake the course knowing the range of topics covered. The course is incredibly comprehensive and allowed me to feel more confident in the job search, which can be brutal, dehumanizing, and long.

I needed to build a structure in my early career to avoid feeling discouraged, and also understand how to navigate the IO application process more effectively. Now, I have a strong structure and improved navigation as a result of Wiola's methods and exercises.



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