

## **On course for change with Neuer Start**

It is not often you get the opportunity to take stock and reassess. But recently I did just that through the Verein für Fraueninteressen in Lehel.

I had spent the last few years 'relocating' due to my partner's job, and it was finally time to settle down and make a life in Munich. After immersing in Bavarian culture and struggling to learn a new language, I wanted to return to work but had underestimated the challenges of finding a suitable job after a long time out of the workplace. I needed a lifeline.

When an email from a friend entitled 'Something for You?' arrived in my Inbox, I jumped at the chance to find out more and went along to the Neue Start open morning. I met with the 3 course leaders and talked with other women in a similar situation, and I knew there and then that it *was* for me.

Twelve of us signed up in total. We had very different backgrounds and experiences but were united by a common goal: we wanted to find a way to make changes in our lives and get back into meaningful work.

Over the course of 11 weeks our newly formed group met on 4 mornings per week. We covered careers, managing family demands, work life balance and time management. We learned how to write punchy short profiles and CVs that stood out. We found new perspectives on our skills and competencies and received immeasurable support to go out and try something new (voluntarily finding yourself a 2- week internship is part of the process). Alongside this there were fun, creative activities which helped to explore our hopes and, perhaps more importantly, our fears.

The Neuer Start approach is practical and at the same time holistic. But make no mistake; in spite of the endless supply of encouragement and biscuits, this is not a 'tea and sympathy' course! It gets down to the nitty-gritty of who you are, what you are capable of and what you want in your life and career. Courage, determination and authenticity are essential here.

Sometimes it was really hard navigating the emotional work required to move forward, and as a result our group has formed a strong and lasting bond. We continue to meet and support each other on a regular basis in the form of Success Teams. It has been a challenging and inspiring process that has not only helped me to re-evaluate my potential but has given me the practical tools and newly found confidence to go out there and make those life changes. Ich bin gespannt!

For further information on the course you can contact Inga Fischer:  
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