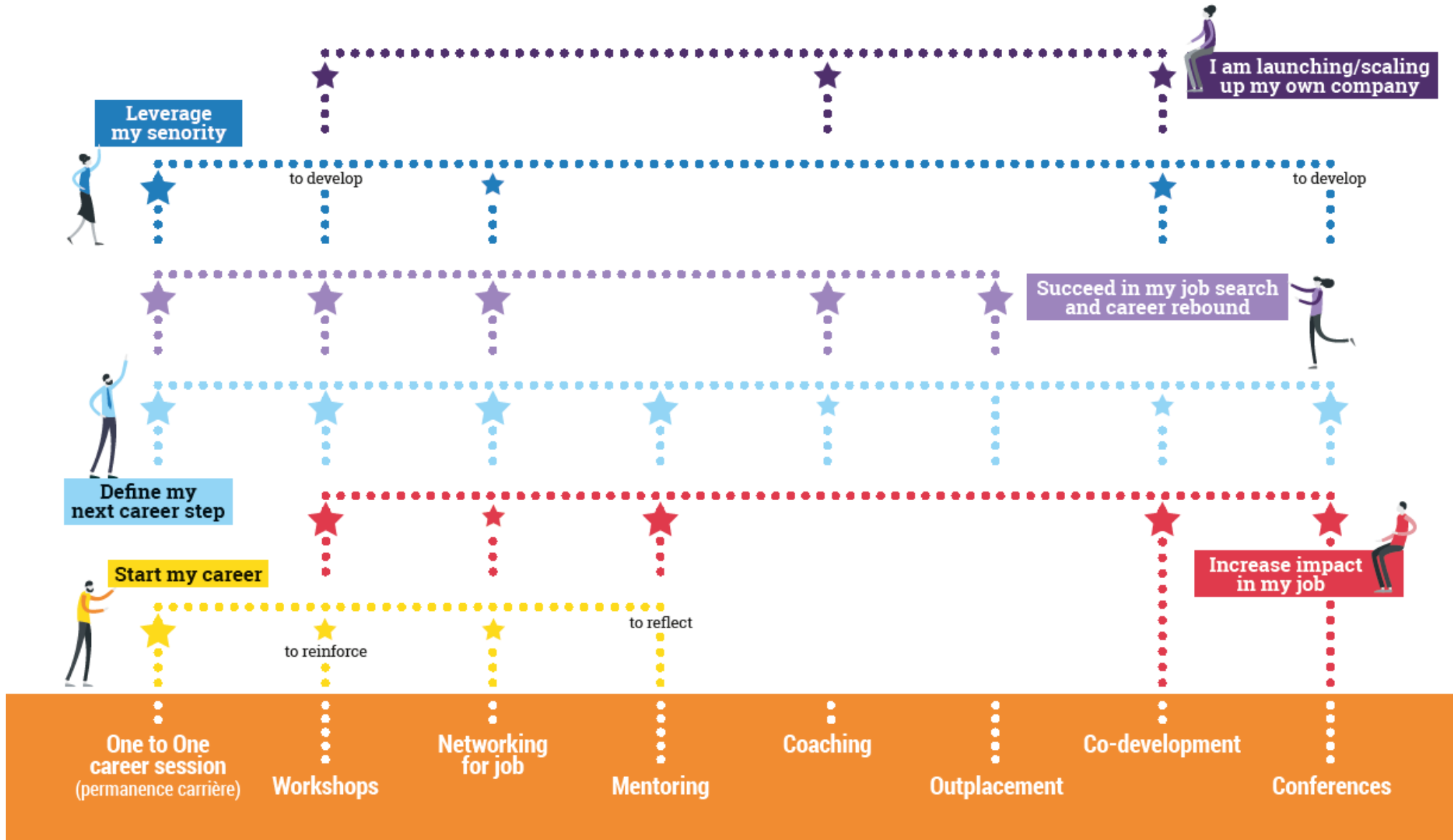


## Career Activities



# CAREER JOURNEY



# Speak to an Advisor

My next  
career step

I search a  
new job

Better  
balance work  
life

More  
purpose in  
my job

Permanence Career

More impact  
in my job

My first  
job

Leverage  
My  
seniority

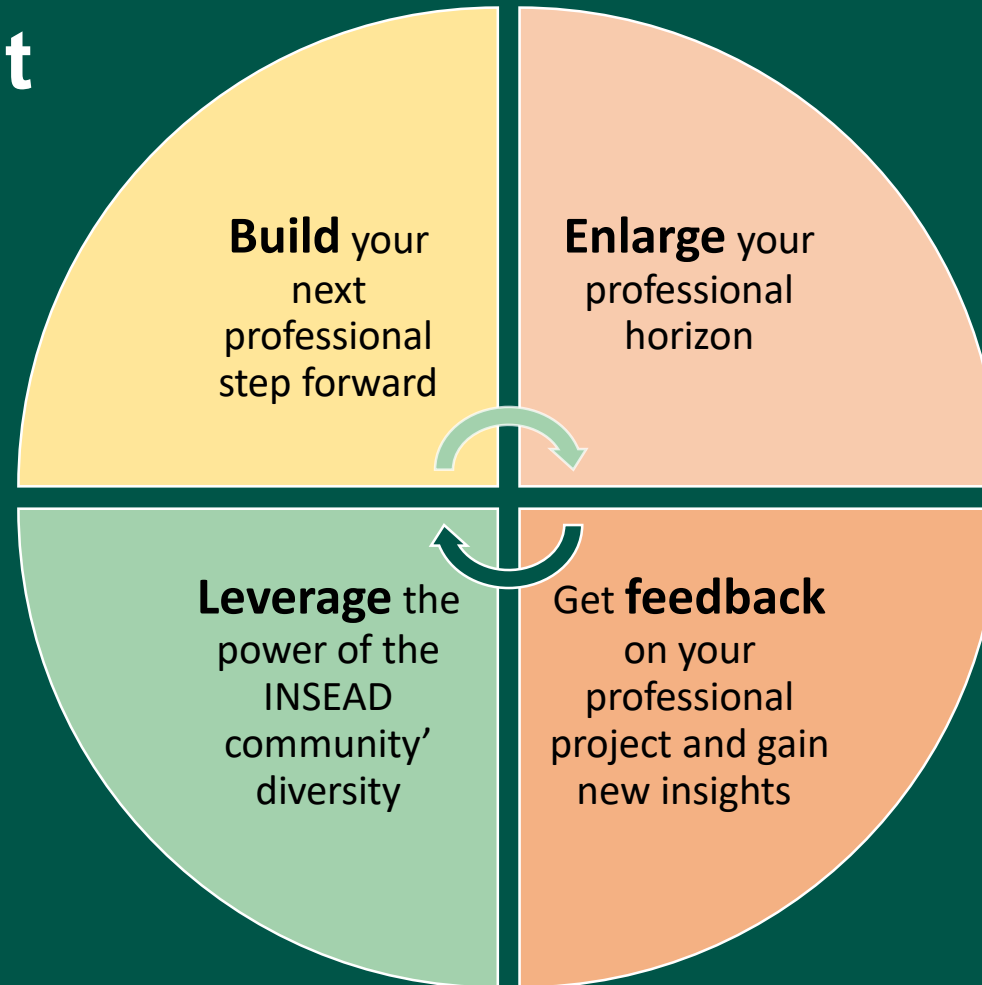
Contact Giuliana to make an  
appointment

[giuliana@inseadalumni.fr](mailto:giuliana@inseadalumni.fr)

# Networking

## For job search or Career development

*Workshop in which people come to build new professional steps by sharing their professional network*



**Contact**  
[dana.patrichi@capreapartner.com](mailto:dana.patrichi@capreapartner.com)

# Career Workshops



The Business School  
for the World®

- 25+ workshops offered throughout the year; 10+ delivered every month
- Meets your professional development needs at every stage of your career, whether in a job or looking for a job
- Facilitated by experienced professionals and consultants
- Organized around 3 themes:
  - Job Search
  - Career Development
  - Leadership Development
- An opportunity for networking!



## Job Search

- Réussir ses entretiens de recrutement
- Trouver le bon job grâce à son réseau
- Trucs et astuces pour dynamiser sa recherche
- LinkedIn : Boostez votre carrière
- LinkedIn / Alumni / Networking : le trio gagnant

## Career Development

- Image professionnelle
- Soyez leader dès la première minute
- Trouver sa voie
- Bien négocier son départ
- Intelligence Relationnelle
- Profitez des vœux pour relancer votre réseau
- Soyez leader dès la première minute

## Leadership Development

- Mieux se connaître, mieux connaître les autres pour réussir son projet professionnel (MBTI)
- Développez votre Self-Esteem avec l'Élément
- Découverte de la pratique de « Mindfulness » ou pleine conscience
- Working effectively in a French Cultural Environment - *NEW IN ENGLISH*
- Public Speaking workshop: develop your "Speaking Utility Vehicle" - *NEW IN ENGLISH*
- Talk Lean — with Simplicity and Authenticity — and Gain Productivity - *NEW IN ENGLISH*
- Pitching yourself - *NEW IN ENGLISH*

Contact: Giuliana Dario  
giuliana@inseadalumni.fr  
Tel. +33(0)1 42 12 09 01

# Mentoring Program



The Business School  
for the World®

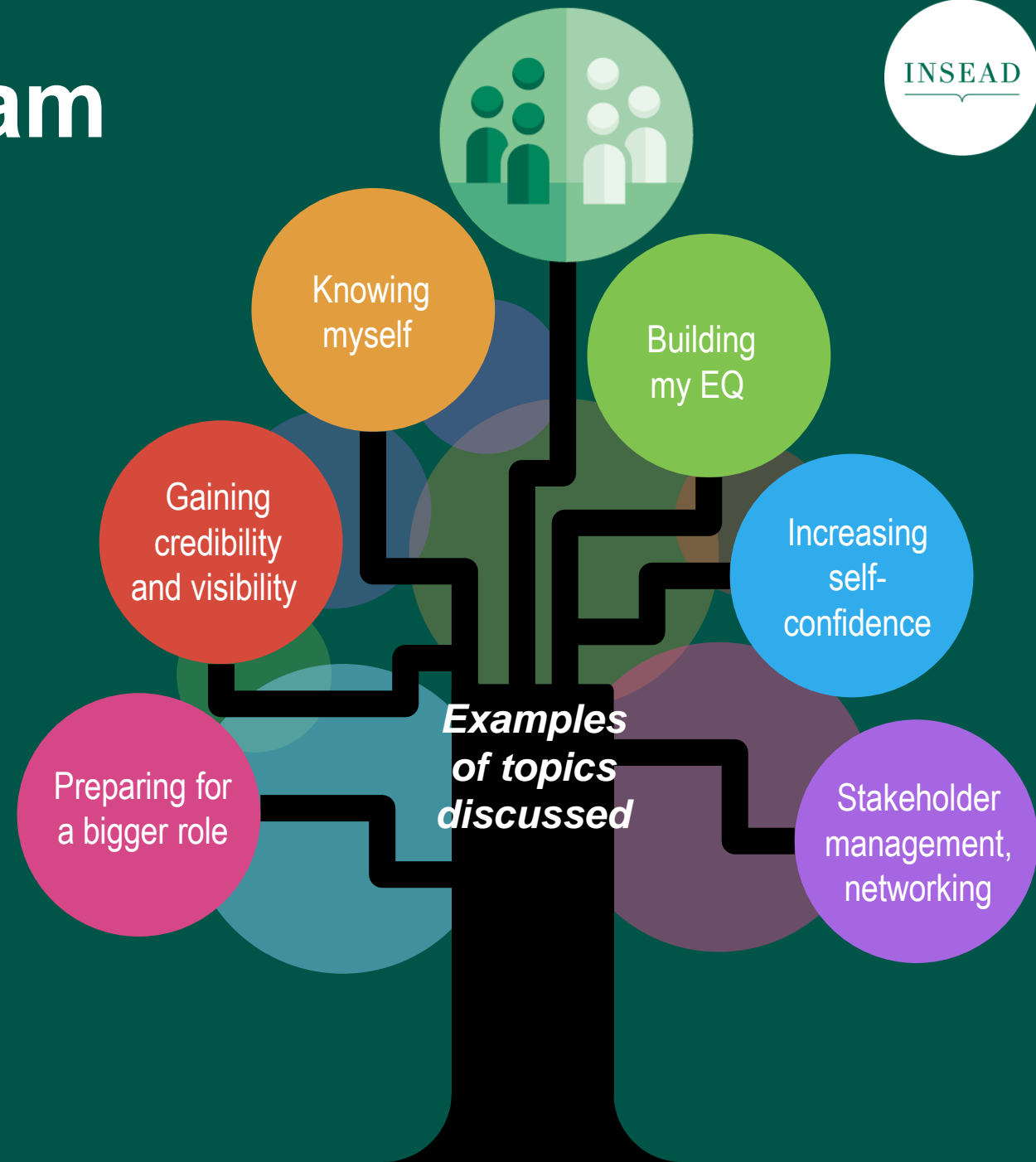
**Wishing to benefit from the guidance, advice and support from a fellow alumnus/alumna in relation to professional questions or challenges?**

Mentor partners with the Mentee to

- Fully apprehend her/his current role
- Realize his/her potential
- Foster personal and professional development

Contact :

- Claude Perol : [claud.perol@wanadoo.fr](mailto:claud.perol@wanadoo.fr) 06 08 17 42 67 and Antoine Tirard : [antoine@tirard.net](mailto:antoine@tirard.net), 07 86 50 38 03
- Giuliana Dario, [giuliana@inseadumni.fr](mailto:giuliana@inseadumni.fr), 01 42 12 09 01
- More information on: <https://blogs.insead.edu/france-iaa/careers/mentoring-program>



# Career Coaching

Professional career coaching delivered by a trusted coach from the INSEAD community at an affordable price

1. Career objectives
2. Search strategy
3. Practicing
4. Networking
5. Interviewing

Contact : Giuliana Dario  
[giuliana@inseadumni.fr](mailto:giuliana@inseadumni.fr)  
Tel. +33(0)1 42 12 09 01  
More information on:  
<https://blogs.insead.edu/france-iaa/careers/career-coach/>



Find a next job?

Overcome a career crisis?

7 - 8 coaching sessions over 3 – 10 month

- Sign-up to a “Permanence Carrière” session to confirm coaching is adapted to your needs
- Select a coach from the list of available coaches and arranges a meeting
- Have a discovery session with your chosen coach (no charge), confirm your agreement to start the coaching
- Price: IAAF administrative fee (50€) + coach’s fee based on coach’s rates (IAAF recommends 150-200€ hourly rate)



The Business School for the World®

# Outplacement Program

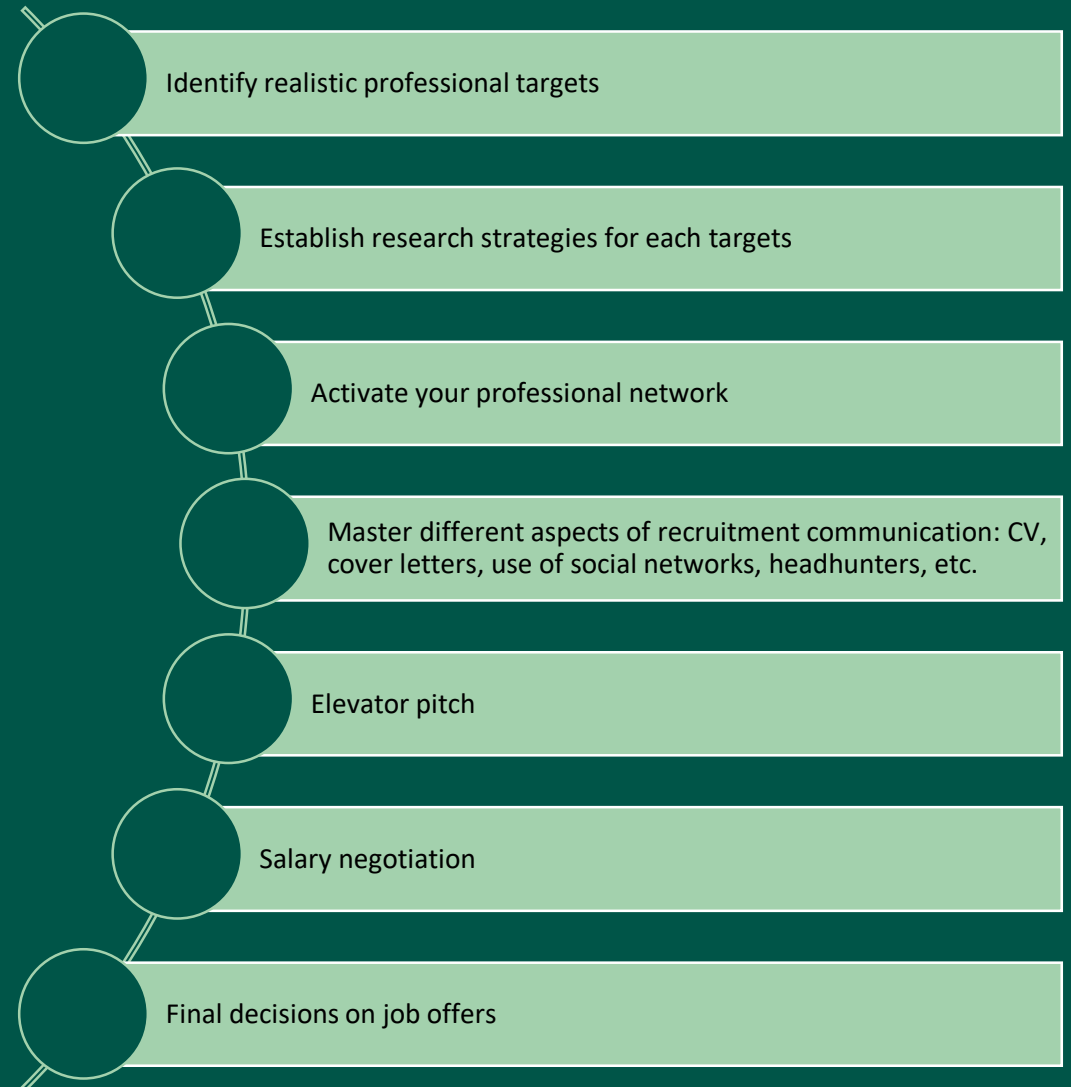
## Finding your next job



The Business School  
for the World®

### Program structure

- 12 weeks program
- 6 sessions run with a coach
- 6 sessions dedicated to group work
- 2 one-to-one sessions with the coach



Contact: Giuliana Dario  
giuliana@inseadumni.fr  
Tel. +33(0)1 42 12 09 01

More information on:

<https://blogs.insead.edu/franceiaa/careers/seminaire-outplacement/>



# Codev

## Facing a new challenge ?



**6 INSEAD  
Alumni members**

- Entrepreneurs
- Managers
- Leaders



**Starting something  
NEW!**

- Joining a new organization
- Starting a new project/transformation



**Learning from each  
other**

- A series of 6 sessions of sharing, supporting, exchanging and growing together!



**Facilitated by Anne  
Rapp  
06 81 46 71 68**

- Step 1: Prescription followed
- Step 2: 15 minutes one to one conversation with Anne

# INSEAD Alumni Career Development CDC on the web



The Business School  
for the World®

AlumniExtra  
Webinar  
Library

New On-Line  
tool: GeniusMesh

Career  
Development  
Website &  
Resources

Alumni  
Experience  
Videos



CareerGlobe  
via  
MyINSEAD

Webinars  
CDC WP &  
Life Long  
Learning

MBA-exchange  
Premium  
Services

Contact  
[wpcareer@insead.edu](mailto:wpcareer@insead.edu)

# **...and a series of top level conferences**

- **Leadership and Digitalization**
- **Transition Management**