

► NETWORKING  
&  
MENTORING TIPS

ON THE LINKS BELOW WE HAVE GATHERED INFORMATION TO HELP AND INSPIRE YOU IF YOU NEED A MENTOR OR WHEN NETWORKING

- [KVINFO Mentor Network](#)
- [Networks, Associations & Clubs in Denmark](#)
- [New to Copenhagen? Get a volunteer host to help you settle in!](#)

○ MARCH

○ 2015

# Dual Career *Newsletter*



INTERNATIONAL STAFF MOBILITY

## Dear Members of the Dual Career ~ Spouse Network,



**D**epending where you live, most Danish people would say that spring starts the first of March. This year the sun has already come out during the last days of February and in the parks in Copenhagen several *Vintergækker* (snowdrops) and *Erantis* (winter aconites) are popping up.

This is the perfect time to leave your house or apartment and walk or cykel around and enjoy the beginning of a new season. People also regain energy and get generally more happy. The perfect time with the right spirit to start networking!

Even though the Danes have a reputation for being reserved with strangers, they are good at organised and professional networking. Danes are famous for their *foreningsliv* (being a member of voluntary organisations, sportsclubs, associations etc.).

The easiest way to meet a Dane is through a sports club, parents association in school, or via an organised networking event. Networking is also the most common way to get a job in Denmark.

As Kyra de Heer-Willemsen also described in this month's Spotlight: "*I realised that getting a job through networking was the best way to succeed*". Fortunately there are so many ways to network and becoming a part of one. We give a few tips in this newsletter, but otherwise it just means to talk to all the Danes you meet, contact them on LinkedIn or visit a networking event.

The nice weather clearly helps to open up the Danes (and internationals in Denmark) to get to know them, becoming a part of their network and maybe get a new friend or a new job.



Mark de Vos & Mary K. Kobia



You are never too old to set another goal or to dream a new dream - *C.S. Lewis*



## Spotlight: Network your way to your first job in Denmark!

*How do you, as a newly arrived spouse, network in a country where you think you don't know anybody?*

It was very nice meeting Kyra de Heer-Willemsen again; this time at a café in the Carlsberg area, close to her office at the well known Danish beer brewery.

The first time we met, 1,5 years ago, Kyra just arrived in Denmark with her two children and her husband, who started working as a doctor at Rigshospitalet. Kyra was looking for a job. I thought it would be relatively easy for her to find a job, with her background as an HR/Business consultant and about nine years working experience for several private firms and the Dutch Ministry of Education, Culture and Science. Kyra explains: "It took me eight months to get a job. For most people this doesn't seem like a long period, but you can never predict when you finally get the job you are applying for. It was a very

*intense journey, but I learned so much about myself.*

*When I started, I realised that I didn't need to apply for exact the same jobs as I had in the Netherlands. I was standing on a crossroad and needed to look at my competencies. I looked at what I could do instead of where I wanted to work.*

*Secondly, I realised that getting a job through networking was the best way to succeed. I started already in the Netherlands where I asked all my contacts to link me to their contacts in Denmark. I contacted all of them but didn't ask them only for job opportunities, but also to give me tips, feedback on my CV and other contacts*

*who also could assist me.*

*Your network is much bigger then you think and will grow rapidly. I even got useful connections through my Danish landlord. Networking is hard work, you need to pick up the phone and drink a lot of coffee with strangers.*

*You need to sell your strengths and be concrete about your ambitions. But if you really want a job and fight for it, you will eventually get what you deserve!"*

Kyra is currently working as Senior Manager Employee Engagement, LHR and Diversity at [Carlsberg Breweries](#).

*"Words which describe networking for me are: "personal and be proactive"*

KYRA DE HEER-WILLEMSSEN

## WELCOME TO NEW SPOUSES



- Aleksandra Davydova  
Russia
- Ashik Abdul Rahim  
India
- Li Xia  
China
- Liubov Lakshanova  
Russia
- Norah D. Alotaibi  
Saudi Arabia
- Riia Sustarsic  
Finland
- Simona Brucoli  
Italy

## UPCOMING EVENTS

### INTERNATIONAL STAFF MOBILITY (ISM) - INTERNATIONAL CAREER SPOUSE LUNCH 10.00-13.00HRS

- ⇒ **March 11th** - Networking: Coffee 2 go or stay? Tips on how to book a coffee meeting - [Please register here](#)
- ⇒ **April 8th** - Hands-on approach to LinkedIn - [Please register here](#)
- ⇒ **May 13th** - Meeting and getting advice from an HR professional - [Please register here](#)
- ⇒ **June 10th** - Company presentation: BIOGEN IDEC - [Please register here](#)

### SPECIAL EVENT: MINDFULNESS 15-18.00HRS

- ⇒ **March 19th** - Mindfulness: What is it and how does it work? - [Please register here](#)

Please visit our website for more information on all events [www.ism.ku.dk](http://www.ism.ku.dk)



### KID'S EVENTS

**Kids Dance Event**  
April 17th  
10.00 - 13.00hrs

Kids dance event is a chance for babies, toddlers, pre-schoolers and their parents to get their respective grooves on and enjoy learning new moves by dancer [Mikala Hoff Skovgaard](#). Mikala has several years of experience in teaching kids in all ages and adults in various dance forms.

You can read more about this fun event and [how to register here](#).