



International
Dual Career Network

JULY
2022

DUAL CAREER Life

WELLNESS MAGAZINE



VOL. 1

Strategy
Resilience
Carpe Diem!
And much more...

The world's first ever dual-career wellness
magazine for partners and spouses!

From Shivani's Desk



I am so thrilled to share the first edition of our Dual Career Wellness magazine. Through this magazine, my intent is to share various aspects of dual career life.

Stories and examples from our dual career partners are the tools that I want to provide you with to take care of yourself, your mental health. I hope they motivate you and help you feel connected as a community while life is flowing, sun is shining, and kids are growing each day!

As a dual career partner, it's overwhelming to find the way by yourself in a new country. That's the support that IDCN provides. It makes me glad that you are reading this one-of-a-kind dual career magazine, catering specifically to dual career spouses and partners. We will have regular features including, but not limited to:

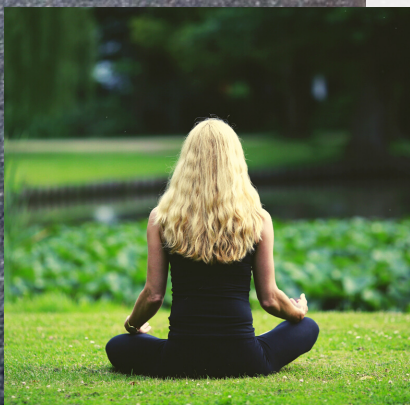
- Resilience Blocks - Tools to become resilient as a dual career partner
- Strategy Stories - Importance of strategy in finding a new job/project
- LinkedIn Legends - Various scenarios about LinkedIn for dual career partners
- Carpe diem - How to use the time you have as dual career partner
- Edu Corner - Continuing education during the dual career
- Certification matters - Learn about how to achieve various certifications when you have time in hand
- Beating the bias - How to beat different biases in the dual career
- Hobby helps - How different hobbies can be a great support during dual career
- Q&A section

I am thankful to all the contributors who have written these pieces with one aim, to inspire the other dual career partners, and share immense possibilities!

I wish you all a fantastic year ahead.

Best regards,
Shivani
IDCN Global Program Director

IN THIS EDITION OF *DUAL CAREER* Life



- RESILIENCE BLOCKS - BY DR RUBINA VARMA
- STRATEGY STORIES - BY SUBHADIP DUTTAGUPTA
- LINKEDIN LEGENDS - BY BINDIYA DUA
- CARPE DIEM - BY MAJA MOZER
- EDU CORNER CERTIFICATION - BY NATASHA GUPTA
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- MY CITY MY PRIDE - BY MARCUS YOSHIDA
- LETS CHILL!
- TRAIN YOUR BRAIN
- HOBBY HELPS - BY ONUR ANDIC
- DUAL CAREER QUERIES

Resilience Blocks

Resilience is an essential component of a dual career life. Let's learn about how to build and sustain resilience from Dr. Rubina Varma.



Resilience Blocks

by Dr. Rubina Varma



As a founding Partner President of International Dual Career Network Singapore, I met many like myself: competent and ambitious professionals leading nomadic expatriate spouse lives surrounded by multiple challenges.

As an expatriate, one is always learning and adapting to new cultures, cuisines, languages, education systems, weather conditions, and navigating through while abiding by the immigration laws to find work opportunities.

As if these were not challenging enough, COVID-19 added multiple other challenges. Plenty are stuck for seemingly indefinite periods of time in foreign countries away from home. Even those deciding to repatriate back home find themselves disrupted by limited resources, be it children's online education.

Naturally, many are feeling vulnerable. Vulnerability can at times impede resilience, yet the way forward is in being resilient. Resilience is one's ability to bounce and grow to create and connect even in the most challenging times. Active self-care strategies — such as being mindful of one's breath, sleep, balanced nutrition, exercise, and social connection would help facilitate the required shifts.

Practising self-compassion is another important thing. Being mindful of our self-narrative and being kind towards ourselves helps regulate our thoughts and emotions.

When things get difficult in life, we often get more demanding on ourselves. This can be detrimental as it tends to create anxiety and self-doubt. Obsessing or ruminating over our past often drives us to underplay our capability to cope, whereas practising gratitude helps us stay grounded and fosters adaptive coping mechanisms by enhancing our emotional resilience.

Introducing self-care, self-compassion, and gratitude would be a great start point to begin your resilience journey and manage yourself through these challenging times.

Strategy Stories

Finding a job without a defined strategy is like finding a needle in a haystack! Let's read about how Subhadip Dattagupta created his strategy...



Strategy Stories

By Subhadip Dattagupta



Job search is a full-time job and everyone should have a strategy that suits them. During my job search, I used some pointers to guide me to a successful job. These are generic and can be followed by most professionals

Daily Schedule preparation: Creating a daily schedule for job search and application – this included job market research. The idea is to choose a few companies where you see a fit for your domain/career, identifying what roles they are hiring for, getting connected to their recruiters on professional networks, looking for skill sets that they are hiring for etc. and then applying to the jobs on the portals.

Skill improvement: Preparing a chart with each work experience year and skills learnt is very useful. Once done with known skills, then go on to learning a few new ones, but choose wisely. Just because someone you know is earning good money with an analytics degree should not be a reason to pursue a course in analytics if that is not your area of experience/interest.

Mock interview preparation: Preparing for mock interviews by listening to social media trainers & asking favours from friends who do interviews is a good way to start. The end result of this whole process is you have your stories prepared in a STAR (Situation, Task, Action Result) method. The idea is to be concise and to show the impact to the interviewer in a very short 30-60 mins interview.

Writing a CV and a good cover letter: Please note that each job is unique, so be prepared to write a CV that suits the job well and ensure to send a cover letter for each job that you apply for. It must make sense to the recruiter why to choose your CV for the interview. Yes, it is a lot of hard work, and it hurts to be rejected due to a bad CV or an unprepared cover letter.

Working on a time bound plan B is also very important. Please be ready to make peace with it and then try to make the best out of the situation. The plan B in my case in the order of priority was :

Firstly, asking your old employer if they can hire you on contract for a job in your new location, today in the post COVID world this is very acceptable. **Secondly**, finding self-employment opportunities for yourself in the new location, see how you can start online and provide training/coaching etc. And **thirdly**, starting a new business with your skills – try to find the entrepreneur in you, see the world from a CEO's eyes

I can assure you, if you have done all of the above, you will have a job/career and a great success story to tell. Wish you all the very best in 2022!

LinkedIn Legends

LinkedIn - your digital CV. Here's the inspiring success story of Bindiya Dua.



LinkedIn Legends

by Bindiya Dua



March 2011 - I decided to quit my job when my daughter turned One. I was well-placed and happy in my career leading a team of 5 sales managers in the corporate salary banking team, but after the birth of my daughter, I decided to take a brief sabbatical to enjoy motherhood.

LinkedIn came to India around 2009 and started gaining momentum soon after. Professionals were gradually entering the virtual world of networking, but I was still very happy with my Offline network of colleagues, clients, stakeholders and didn't feel the need to join the network as I commenced my 'short' sabbatical.

We moved to Switzerland in 2013 as my husband got a 3-year assignment which eventually got extended, and here I was in 2017 wondering if I should attempt to join a professional network in this completely alien environment after being out of the professional world for almost 7 years.

I joined IDCN and immediately after my first event, realized the introvert in me would never be able to build a network, sitting in the background. So, I decided to volunteer as an event manager, as this would give me a reason to actively participate in the events and learn while contributing.

Once actively involved in volunteering, I soon realized, the 2nd important aspect to create a professional network in 2018, was having an online presence aka LinkedIn. But somehow, I was not motivated enough and was extremely conscious of joining a network with no contacts and reaching out to old contacts after my 7-year career gap. 'It seemed like the idea of only showing 'wins' without the challenges' – as stated by Mark Schneider as one of the reasons for not joining LinkedIn until 2021.

I attended/co-organised two important workshops to this end – 1. How to update your CV and expand your LinkedIn network. Tips and tricks for your LinkedIn account by PMI. I gradually started building my network in the new country after a long career break. I started out as a volunteer and eventually got some good breaks as I met the right people who understood and empathized with the expat culture, understood the reason for my long gap, and were willing to give me an opportunity, valuing what I had to offer.

Now I now have the role of a Talent Acquisition & HR Project Manager and people reaching out to connect on LinkedIn daily. I am extremely respectful to all the invites and the messages, try to reply and respond to everyone, knowing what an effort it takes to reach out to someone to expand your network, which is even more important in the current scenario of remote working.

Carpe Diem: Seize the day!

Maja Mozer used the time she had to build up her skills and profile beautifully. Let's hear from her how she seized the day!



Carpe Diem

By Maya Mozer

I started my career as trainee in a Swiss-based European headquarters. I have not expected back in 2007 that this internship will be a start of my successful career of almost 10 years.



Work in international environment & modern office spaces, fantastic culture, brands that I loved and great development opportunities...

It was really a great place to work - so the information about the business transformation was a bitter pill to swallow. Some of my colleagues decided immediately to look for other jobs, others stayed to see what was coming. In 2017 my role became redundant - I returned my employee badge and started my life "after Mondelez".

I tried to repeat my mantra that my job was not me, and having no job does not define who I am. I read for the 7th time the book "Who moved my cheese" - as always, it was a useful reminder to see the opportunity that comes from a change.

As in the book, I put my "training shoes" on and started to search for my next cheese!

Firstly, I realized that I had a very small professional network. This is where IDCN membership was a perfect choice. Not only I could grow my network, but I could also meet and exchange with other people who were in the job market.

Secondly, I realized that I finally had time for things - like learning German. I could really immerse myself in studying, especially that my super intensive course (incl B2 certification) was fully paid by the local unemployment office (RAV).

I was told that it takes 6-12 months to find another job in Switzerland - it could be faster, depending on your profile, seniority and languages you speak. It took me 9 months to land in a contractor role in a project.

This role at ABB led me to another project opportunity, and ultimately, I found a permanent role in a divested ABB business - in Hitachi Energy (Power Grids).

When I look back, I am confident that all the steps in my journey were needed to lead me where I am now - and any change - even done "to you", can be actually a great start to the new professional adventure.

Edu-Corner: Reskilling

Natasha Gupta turned her soft skills into a certification, and she shares her corona efforts with us.



Edu Corner: Reskilling

by Natasha Gupta

Hi, I am Natasha Gupta from India and would like to share my Project Management journey. After moving to Denmark, I decided to give new direction to my career.

While analysing my transferable skills and exploring myself, I found **Project Management** interesting, it will justify my past work experience and current ambition. There were many options for project management certification like Prince 2, PMP, IPMA etc.



I choose to go with Prince 2 certification by Axelos as it is vastly acceptable in Europe. Moreover, the process was very convenient. Prince is an abbreviation for Project in controlled environment.

The PRINCE2 certification scheme helps you to acquire knowledge of the PRINCE2 method, providing you with the skills and understanding to successfully manage projects of any size or complexity. It is done in 2 phases: PRINCE2 Foundation provides the theoretical knowledge of how to plan, manage and deliver projects from start to finish.

A pass at Foundation level is a prerequisite for the Practitioner certification, PRINCE2 Practitioner extends the knowledge acquired at Foundation level to enable you to apply and tailor the method in a live working environment. As per certification vs practice, I believe they're complementary, not exclusive.

One can live without the other, but combining both is a way of boosting their effectiveness. During the peak corona 1st wave, I decided to pursue it and choose to go with remote learning that includes online classes and examination.

It was more flexible and economical. It was a 5-day course wherein they prepared us for both Foundation and practitioner examination. We also took some online sample papers which seemed tough then but after going through the presentations and referring to the handbook 'Managing successful projects with PRINCE2' it seemed familiar.

After completing the classes, I registered myself with people cert for the examination and did one week of self-study before taking the examination.

After clearing the foundation examination, with some more self-study, I registered for practitioner examination. It took around 50-60 hrs of self-study to clear the examination.

I started this course as a step towards changing my career, but found it really helpful in dealing with day-to-day project and tasks we do. I found my thing in Project Management and I hope it will help to find yours!

Edu-Corner: Back to Uni

Olga Shklovshaya went back to University to add a local MBA degree to her kitty.



Edu-Corner: Back to Uni

by Olga Shklovshaya

Accepting a job in a new country can be challenging for a dual career couple. It often means making a choice about which partner's career will lead and which will follow.

In some markets, like here in France, it can be extremely difficult for the 'following' partner to continue their career. Without access to the local professional network, partners with years of experience face many challenges. While headhunters can sometimes be helpful, particularly if you already have connections with recruiters in your home country, most companies are very cautious about hiring a dark horse.



Landing in Paris 5 years ago with 15 years of experience in Moscow, I decided to take a less conventional approach - I enrolled in business school.

Getting a degree is often seen as a way for early career professionals to integrate into their chosen profession. However, this approach is a little old-fashioned.

Modern educational establishments are striving to provide life-long learning programs to meet the demands of different career stages and levels of experience.

By undertaking a program of study according to your level of experience, you gain access to the professional network that fits your career stage.

Further study also gives you exposure to the particularities of local market business models, operations, and management, and professionals who are willing to share their experience.

This further study option does not necessarily mean embarking on a full degree program. Many institutions also offer certificates, which cost less in time and money and may help you reach your goal faster.

What's more, a degree or certificate from a globally well-regarded educational establishment might also be a great asset ahead of your next move!

Beat the Bias

Arnaud D. Le Chantelier has some tips for us: how to beat ageism in the job search.



Beat the bias: Ageism in hiring



by Arnaud D. Le Chantelier

I am French and settled in Geneva in 2015. I speak English and Spanish and had been working in a Corporate environment for 20 years.

I thought it would be a piece of cake to duplicate my working experience in Geneva. The city hosts many major companies in Finance, the FMCG and Luxury sectors. Added to the fact I was quickly operative (I am a Certified Transition Manager), I just expected to spend a couple of months to get some contacts with companies and recruitment offices to sign up for a new contract. After one year of unsuccessful research, I had built a network within recruitment. However, I had not realized at that time that there was a major age issue, as I was 55 years old.

MY PERSONAL EXPERIENCE

Over 55 years, you are no more in the scope of recruitment for corporate organizations. They will never say it, but it is a fact. The recruitment agencies & HRs are very kind and won't say it.

Switzerland is based on personal networking; when you reply to a job opening, it is best to have an inside recommendation.

Volunteering remains the best to do to develop a career network.

Local associations or organizations are the best way to get recognized for your skills and build a "local fame." Hence, I built a network with some IDCN events.

MAJOR HINTS

When you have experience, share it with organizations that cannot afford to pay the price.

Look for volunteering openings; sometimes it can become a temporary mission (paid contract).

Your achievements will help get local "fame" and start an activity yourself.

Canton and cities give hundreds of millions to associations. The social welfare existing in some countries is, in a way, delegated to associations.

Think leverage: for instance with Avivo, every year, elderly people need assistance to perform fiscal declaration, and sometimes they need "nerds" to help older people to manage their computer or phone with WhatsApp.

THE FACTS

First - I have three customers today. I volunteer with AVIVO, Genève Bénévolat, Plateforme des Associations d'aînés, SIETAR.

Second - I regularly meet people from Pro Senectute, CSP, Croix-Rouge, and e-démarches (Fiscal platform) It gave me the opportunity to have a proposition of collaboration every six month

It's frustrating and takes time, but you will be able to find solutions once you build your network and I wish you Good Luck!

My City My Pride

Let's visit São Paulo, Brazil with Marcus Yoshida.



My City My Pride - São Paulo

by Marcus Yoshida

São Paulo is the world's 4th most populous city (+21.8 M people) and ranks among the 15 richest cities by GDP (411bn US\$). Located in the Southeast region of Brazil, it is the capital of the surrounding state of São Paulo. For this status, it is a metropolis of many faces.

An innovative and vanguard city that preserves in its architecture, arts and gastronomy a past composed by the mix of over 70 nationalities. To know better this young city, only two things are required: an open mind and the willingness to dive in the city that never sleeps.



A Little history

São Paulo was founded in 1554 by Portuguese Jesuit priests, whose mission was to evangelize the local Indians and convert them to Christianity. As the years went by, it evolved and grew from a small village into a township, but only in 1711 it was promoted to the city status. By 1822, the year of the independence, São Paulo was a city of only 20,000 habitants.

By the late 1800s, when coffee became Brazil's main source of export, the city started to drastically change and between 1888 and 1900, over 900,000 immigrants arrived in Brazil looking for employment in the coffee industry. Brazilian natives got outnumbered and were now part of a cultural mosaic enriched by Italians, Portuguese, Spaniards, Germans, and eastern Europeans, followed by Syrians, Lebanese, and Japanese.

By 1900, São Paulo was a city of 240,000 habitants, but maintained a very high growth rate through the next decades, driven by interrelated streams of immigration, rapid industrialization, and investment to become the city it is today.

What to do

Culture: Latin America's cultural centre, São Paulo has 101 museums, 182 theatres, 282 movie theatres, 146 libraries and around 40 cultural centres. Besides several popular festivities and fairs that take place in its streets

Gastronomy: With so many cultural influences, the gastronomy in São Paulo is diversified and extremely rich. The city has some of the best restaurants in Latin America and the world – amongst its over 15 thousand restaurants and 20 thousand bars.

When visiting São Paulo, try some Brazilian typical dishes like: feijoada, moqueca, churrasco, bobo de camarão and the famous pão de queijo. São Paulo is famous for its food trucks and “gastronomic little fairs”, which nowadays take over the streets of the city. One may not leave without eating a pastel de feira.

Culture: Latin America's cultural center, São Paulo has 101 museums, 182 theatres, 282 movie theatres, 146 libraries and around 40 cultural centres. Besides several popular festivities and fairs that take place in its streets.

Planning and practical information

Visa requirements

Sala São Paulo

Brazilian recipes



DUAL CAREER life

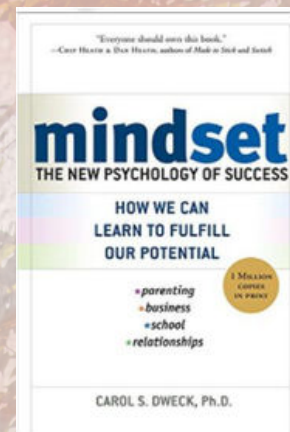
Relaxation

For the mind, body & soul....



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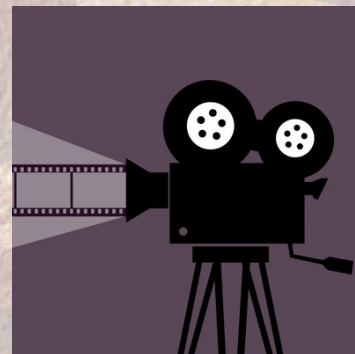
Read:
[Mindset: The New Psychology of Success by Carol S. Dweck](#)



**Try meditation
flute music**
[Raga Brindabani Sarang_|
Pandit Hariprasad
Chaurasia](#)



Watch:
[Green Book - Official Trailer](#)
[Marley & Me Movie Trailer](#)
[Chef Official Trailer](#)





Train Your Brain

Benefits of doing crossword puzzles:

- Improve your ability to focus
- Improve your executive function
- Great for working memory
- Overall, improve one's ability to successfully navigate the challenges of everyday life!

Train your Brain

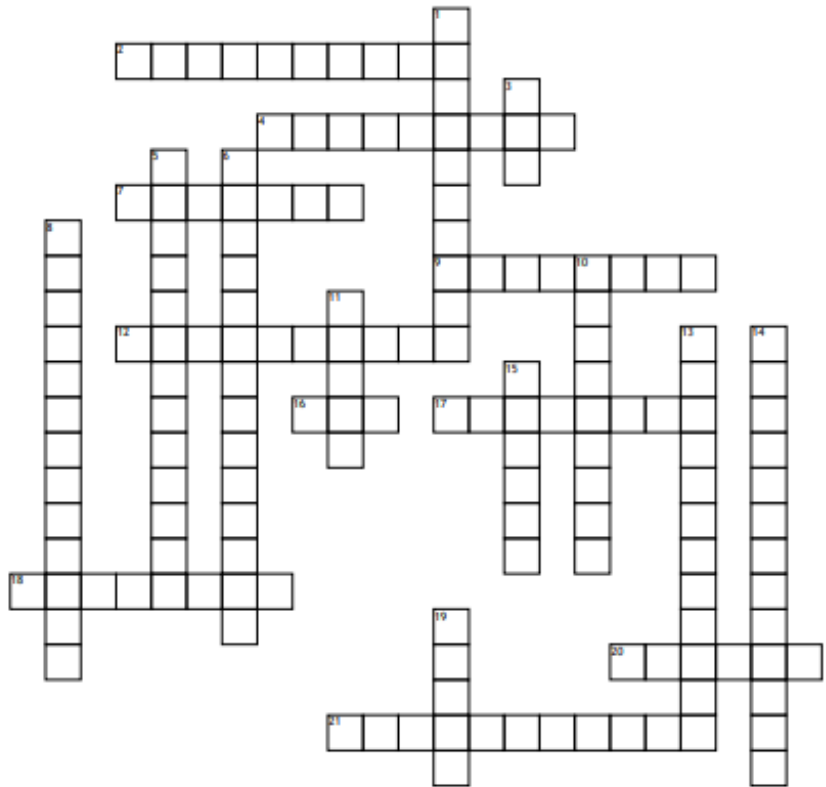
Career

Across

- 2. a job or profession.
- 4. series of thoughts, images, and sensations occurring in a person's mind during sleep. "I had a recurrent dream about falling from great heights"
- 7. an act of travelling from one place to another.
- 9. economic activity concerned with the processing of raw materials and manufacture of goods in factories.
- 12. a project or undertaking, especially a bold or complex one.
- 16. a break or hole in an object or between two objects.
- 17. the process of making plans for something.
- 18. knowledge acquired through study, experience, or being taught
- 20. the ability to do something well; expertise.
- 21. the action of exploring an unfamiliar area.

Down

- 1. the ability to assess and initiate things independently.
- 3. a paid position of regular employment.
- 5. the imparting or exchanging of information by speaking, writing, or using some other medium.
- 6. the process of finding solutions to difficult or complex issues.
- 8. management of or by oneself; the taking of responsibility for one's own behaviour and well-being.
- 10. coming after, less important than, or resulting from someone or something else that is primary.
- 11. a series of thoughts, images, and sensations occurring in a person's mind during sleep
- 13. the action of organizing something.
- 14. understandings and personal attributes that make individuals more likely to gain employment and to be successful in their chosen occupations".
- 15. an occupation undertaken for a significant period of a person's life and with opportunities for progress.
- 19. the object of a person's ambition or effort; an aim or desired result.



Send you entries to Shivani: contact@idcn.info. All correct entries will be announced in the next edition along with answers.

Hobby Helps

The story of how Onur Andic created a punk band in a new country...



Hobby Helps

By Onur Andic



"I looked for a job for 3 years, then I formed a punk band!"

You decided to follow your life partner into the unknown? I have good news for you. With so many people leaving their career, family, friends and becoming a trailing spouse now; the burden on your mental health with best coping mechanisms are well researched and understood. You are certainly not alone.

Many people overlook, though, how important it is to keep an active lifestyle and hold on to your special moments of joy (which we will call "hobbies"). In your "old" life, you were perhaps sewing, or you were brewing beer, maybe dancing with your significant other. Whatever it was, you might think that pursuing it here would be a luxury, and you should "grow up", find a job and make money immediately. Well, you can't be more wrong. We'll talk about why in a second.

I moved to Luxembourg from Turkey 4 years ago. In my case, my special moment was playing the drums in a punk band. Now, in this "fish out of the water" situation, how will I find a band here? In what language will I speak to them? Are there venues to play? Are there studios available to practice? Is punk music even a thing in Luxembourg?

Now, I don't know where in the world you are reading this. But I'm pretty sure if I found answers to all the questions above in a tiny country like Luxembourg, you can do this too. In the photo, you can see me playing in my new band "Office of Weird" which I founded after 35 years of age in a distant country, with a tongue-in-cheek reference to my struggle in finding a job in its title.

Certainly, social media like Facebook (where I found my band members), Meetup, Craigslist etc are crucial in finding your way, even if your search ended up in despair, you could go ask your spouse's colleagues, your fellow IDCN volunteers, even pursue your hobbies online. Let's move on to the benefits when you reach your moment of self-realization in between sending out job applications.

Hobbies keep your mental health in check, draw a rock-solid bridge between your old and new life, open a new door to a bunch of new connections (never underestimate anyone you meet in life, you might meet your next boss in a punk concert) and most importantly give you the real sensation of doing something solid in this painful "interlude".

Finally, hiring managers love hobbies in CVs. It shows your human side. It shows you are not obsessed with finding a job and doing what you love, anywhere in the world life takes you to. Add it to your info section in LinkedIn. Show it with pride. Marketer, Analyst, Stand-Up Comedian, Drummer in a punk band. We are never only Analysts. No pressure, if you didn't have a hobby before, just start today. You can thank me later.

Questions



Dual Career queries

Question:

My husband is moving to XYZ location, as this is for the first time I am moving, I am reading many things over the internet, is it possible for you to connect me to someone so that I get the real information and someone who is living there can share the experience, my main concern is about school as I have a teenage child.

DCM:

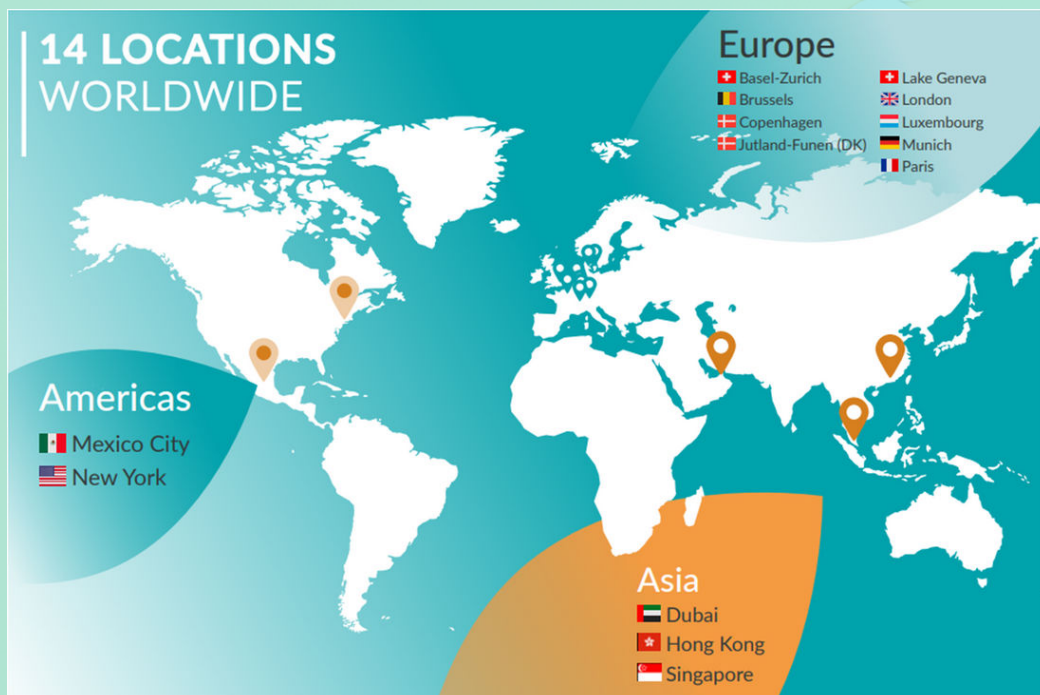
Thanks for contacting IDCN. Yes, it's possible for us to organize the virtual meeting with XYZ location, and you can ask all your questions, you can also join IDCN, six months before moving to XYZ location so that you can be part of IDCN location. ☺

Question:

My wife is moving to your location ABC, I am in my final year of PhD, it will take me another 7- 8 months to join her, I want to how to best use this time when I know I will be moving and looking for job local corporates at ABC place.

DCM:

Thanks for contacting us, I suggest let's connect over a call with Shivani, so that she knows all your further information and can provide the correct pointers, if you want to join corporate world working already on certifications from ABC will be great step and join the local language course at your place only, looking forward to hearing more from you!



*DUAL CAREER*Life

Thank you for reading!



If you are interested in sharing your story or have a question for our Q&A section, please reach out to:

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