Dear Members of the Dual Career ~ Spouse Network

This time we will send you a special edition of the newsletter. Our tradition is to send you a newsletter on the first day of the new month and with this tradition we will continue in 2019. December is a month full of traditions, but it is also nice sometimes to change or reinvent them a bit. That is why we send our newsletter for December and January right now.

Many of you are changing some of your Christmas traditions by staying in Denmark and herewith creating new traditions. Others are travelling home and continuing celebrating Christmas with family back home.

We just hope you will enjoy the holidays and spend your time as you like it. In Denmark, a new terminology “julestress” (Christmas-stress) has been used more and more during the last 10 years, because people cannot cope with attending all the activities and all the presents they need to buy.

We hope and suggest, that if you create a new Christmas tradition in Denmark, you enjoy all the nice events and possibilities which Christmas has to offer and take time to be together with your good friends and family.

Do enjoy the lights, decorations and hygge (cosiness) in Copenhagen, because it has a lot to offer. Also do this before a lot of other tourists will be coming in 2019. Copenhagen has been named the world’s top city for travellers in 2019 by Lonely Planet.

As Tom Hall, Lonely Planet’s Editorial Director, explains: “Copenhagen is a city well versed in the cutting edge. Cobled streets boast groundbreaking menus and trend-setting design. Centuries-old palaces, churches and warehouses share streets and waterways with bold contemporary architecture, while the city’s former Meatpacking District hums with galleries, locavore eateries and on-point indie bars. Copenhagen is the epitome of Scandi cool and deserves to be recognised on the global stage.”

Please, do also take a break in your job search, give yourself some holiday. Job search is often more demanding then having a job, so you definitely need a break. We organise some mini workshops in January to kick of your job search again, after a well deserved holiday.

For now we would like to wish you the best and relaxed holidays as possible. Thank you for all your good energy and positive input in 2018 and we look forward to meeting all of you again in International House in 2019!

Mary K. Kobia and Mark de Vos

“Just because something is traditional is no reason to do it, of course.”

Lemony Snicket
International Spouse Career Lunches 2019

We are pleased to introduce you to a broad range of unique and informative career events in the spring of 2019. Do not miss out on our upcoming International Career Spouse Lunches and Mini-workshops. Apart from enjoying a delightful lunch and meeting new acquaintances, these events will also have a career focus on giving you tips on career-related topics and cultural aspects in Denmark.

Each month’s theme is conceptualised based on input from guest speakers, recruiters/head hunters, international spouses and expats. All events are in English and free of charge. See below for more information about the upcoming events and how to sign up!

Master Your Money Mandate - Supercharge your Income!

14th January
10:00 - 13:00

Are you living your life not really interested in money - but super tired of not having them? Would you actually love to make more, so you could really save, invest and enjoy life - to live in a way you choose to live, not just settle for?

Join our workshop “Your Money Mandate”, where you will get an introduction to a new way of interacting with your brain about your income level. This workshop is part of the program Master Your Mandate for talents and professionals who would like to feel entitled to executing new initiatives. Imagine a world where you can bring your talent into play and be part of solving big problems.

Join this informal and cozy event where you will get the opportunity to network with other like-minded professionals and enjoy an amazing homemade lunch!!

Registration

Registration deadline 9th January

About DEX – Diverse Executive Search

At DEX we look for the “Cube” of talent that everyone brings into the world, in order to put it into bigger perspectives for solving the challenges of tomorrow. We have very diverse background ourselves:

Nina Uller has a background in leadership, mostly in military and tech and combines that with organizational psychology and neuroscience. She believes strongly that talent grows from feeling relevant and included. With her background in senior positions in international and Nordic companies

Hilde Seglem is the master of sales. She has made coaching about finding and marketing your talent for a more sustainable world - and you - her specialty.
International Spouse Career Lunches 2019

Develop Mental Resilience for Success and Overcoming Adversity!

5th February
10:00 - 13:00

*Why do some people thrive under pressure while others crumble? Why is it relevant at all to have mental resilience and how do you develop your “mental six-pack”?*

These questions and many more will all be answered, at this unique event where we have the pleasure of meeting Dominic Soh - International Resilience Trainer & TEDx Speaker!

Life and work are full of challenges. Whether you are a fresh graduate, entrepreneur, employee, employer or executive, you'll need grit and resilience not just to survive, but to thrive. In a world of flux, those who stagnate get left behind, so it pays to push your game forward. Dominic Soh has interviewed U.S. Navy SEAL commandos and Olympians to get insights on how you can develop the resilience to thrive under stress, keep pushing forward when others have given up, and cultivate the ability to adapt in an environment where change is the only constant.

Dominic has helped numerous people become kickass public speakers and super resilient in their lives & careers. So damn good that you cannot ignore them - that they eat fear for breakfast and dance with lions! Feel free to attend once-in-a-life-time event and get invaluable input on how you can Develop Mental Resilience for Success and Overcoming Adversity!

[Registration](#)

Registration deadline 29th January

Dual Career Mini Workshops 2019

Do not miss out on our upcoming international career mini workshops, which are ongoing events around a specific topic conducted for a small group of partners of international employees at the University of Copenhagen. These events are fun, dynamic and highly interactive! The mini-workshops provide you with the opportunity to network with other likeminded professionals and also get new ideas on how you can optimise your job search!

**COVER LETTER & CV WORKSHOP**
17th January
9:30 -11:30 hrs
What types of CVs are there? How to create a winning CV and cover letter? What are the dos & don’ts?

Facilitator: Mary K. Kobia – Dual Career Consultant International Staff Mobility
[Registration](#)

**TIPS ON HOW TO NETWORK!**
31st January
9:30 -11:30 hrs
Come and be inspired on how you can improve your networking skills!

Facilitator: Mary K. Kobia – Dual Career Consultant International Staff Mobility
[Registration](#)
How long did it take for you to find a job in DK? I started looking for a job when I arrived in Copenhagen in July 2018. It took about five months to find a job.

What has been most challenging about your job search? I knew the work I did in the past would not be as readily available or in demand here in Denmark. Therefore, I had to consider alternative career paths and new ways to use my skills. This meant a lot of networking to get to know related fields in Denmark and how my skills might be applied here.

What surprised you the most about the Danish job interview? It was quicker and much less formal than I was anticipating.

What is your best advice to someone going for a job interview? Don’t worry about showing that you are the best since that doesn’t seem to be key in Denmark. Instead, just focus on clearly describing your relevant experiences and skills. Perhaps equally importantly, show your personal qualities. Demonstrate through your interactions that you are easy to get along with and are flexible enough to adapt to the Danish workplace.

What is your best advice to someone who is not living in Denmark, but looking for a job here? Start searching for relevant contacts and get in touch through email. You’ll be surprised how many people respond. You may not find a job this way, but it could kick-start your search upon your arrival when you already have a list of relevant contacts to meet with informally.

What surprised you the most about the Danish job interview? It was quicker and much less formal than I was anticipating.

What kept you going when things didn’t turn out the way you expected? About two months after arriving in Denmark, I realized that I would need support in my job search. I made an appointment with Mary K. Kobia from ISM to help prepare for an upcoming coffee meeting. Meeting with Mary was a turning point. She helped me adapt my job search materials for non-academic positions and for the Danish context. She also gave me some excellent coaching and encouragement at just the right time. I’m really grateful to Mary for not only the practical tips she shared, but also for her genuine care and support!

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How has volunteering for the International Dual Career Network (IDCN) helped you? I started immediately as a volunteer for IDCN, and I highly recommend this. Volunteering gave me a platform to continue using my professional skills for copywriting and editing projects for the organization. It also put me in touch with knowledgeable mentors. Mostly importantly for me, it connected me to a group of talented and professional colleagues/friends to share the ups and downs of the job search process and general transition to life in Denmark.

What are you most excited about doing in your new job? In my new position as an HR consultant at RUC, I’m looking forward to further developing support mechanisms for new international staff. I’m excited to apply my own experiences as an international faculty member in other countries, but also to liaise with RUC international staff to learn how their transition to Denmark could be better supported. Developing new strategy is something I thrive on, so I feel so fortunate to have found a position that will allow me to do this in a university setting.

What is your best advice to someone new how is job seeking? Be a bit bolder than you normally would be, make networking your new strength, and take full advantage of all the resources offered to you through UCPH’s Dual Career Services and International Dual Career Network (IDCN).

I’ve worked in other countries and have never received such tailored support as a staff member or spouse before - this is an asset not to be overlooked!

Lindsey Gruber
From the US
B.A. Intercultural Studies; M.A. Teaching English to Speakers of Other Languages
HR Consultant at Roskilde University - RUC

Spotlight: Pursuing a career in academia!

Find out more about other upcoming events using this link.

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