

COURSE OVERVIEW

What we will cover in the 8 weeks:



Module 1: Introduction & Knowing Yourself

This module introduces the Fresh Horizons programme and helps you unlock your ambition, prompting you to look at where you have come from in your career and consider what you value and want out of life.

Meet RecruitMyMom CEO Phillipa Geard as she shares her passion for finding work for women like you. She gives recruiter insights into the South Africa business and employment market.

Module 2: Taking Stock: What You Want From Your Career

In this module, we work on your career goals and figure out how you want to work based on your life stage, and life priorities.



Module 3: Career Research & Networking

Further develop your career goals through research and learning. In this module, you will eliminate the fear of networking with the ABC approach - 'Always Be Connected'.

Module 4: Career Action Planning

In this module, you will finalise your career roadmap, understand resilience and how to manage your time, energy and resources. Learn to prioritise the right things to achieve your goals.



Module 5: Communicating You: Personal Branding Online & In-Person

Build your personal and professional brand online through a new or revamped LinkedIn profile. Gain the confidence you need to properly present yourself and your worth to potential employers or clients both online and in-person.



Module 6: Applications: CVs & Cover Letters

Nailing your CV and feeling confident about it is the aim of this module. Whether you are applying for a job or pitching your start-up, we will share the secrets of winning cover letters and how they differ from CVs.

Module 7: Recruitment & Interview Practice

Whether you want to pitch your new business or attend an interview for work or study, you need to get comfortable talking about yourself, your experience and your skills.

This session is co-facilitated with a RecruitMyMom recruiter, to bring the best industry tips for interview success.



Module 8: Wrapping It Up For Confident Careers



In our course finalé, we are inspired by women who have completed the Fresh Horizons programme as they share their successful return-to-work stories.

You will also meet RecruitMyMom CEO Phillipa Geard again to talk to her about your career goals and how RecruitMyMom can support your journey.

This last module brings all the learnings together to support you on your back-to-work journey and cement your network of professional moms.



Return To Work Empowered And Land Your Dream Job

Take ownership of your career and regain confidence for work (or for the workplace). Add Join our 8 week back to work programme

[**SIGN UP**](#)