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MiB MOTHERS IN BUSINESS

Towards an equal and family friendly working life

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Boost your career with MiB

MiBs' theme for year 2024 is career advancement. We would like to help you with your career related questions and offer the great network of mothers to boost your career.

You are welcomed to our community whether you are returning to work from family leave, aiming for promotion or new job positions or you are happy where you are. We will help all of you to network and find tools for balancing work and family.

Our International project will offer many open activities for 7 more months, and we warmly recommend you to check MiB membership in order to stay with us even longer!

P.S. MiB's [Resilience HUB](#) still has open spots, so if you want to learn more about wellbeing, check it out!

[Read more about MiB HUB](#)

"One of the things that has really stood out about mentoring at MiB is being able to talk as a mother to a mother."



Mentoring program is open now - join as actor or mentor!

MiB's nationwide mentoring program for members is here for the fourth time. Registration is open now and looking for actors and mentors.

This year, we will dive deep into the theme of **Developing your own skills**. The programme will start in April and last until end of the year. Online program allows you to jump along from any location.

Future actor: Are you ready to develop your own skills and commit to mentoring? This is your opportunity! Welcome along to recognize your skills and plan for steps towards your career dreams. Your background can be from any industry, you can be a student, between jobs or on family leave, some situations to

mention. Requirement is the ability to commit to the 9 month program and attend approximately 10 meetings with some tasks.

Future mentor: Do you have the expertise and enthusiasm to help a mother develop her skills? We need you! A person that holds the passion and ability to help an actor on her path to a clearer professional identity, is welcome to apply for a mentor. As a mentor, you can build your network and broaden your own viewpoints. Ready answers are not needed, but the will to share experiences and knowledge.

The application period for the program is 22.1.–18.2.2024. Actors must be members of MiB, but professionals outside MiB can also apply as mentors. If you are not yet a member of MiB, you can easily [join our wonderful network!](#)

[Read more about mentoring](#)

Make a career plan for 2024

The word career means different things to all of us. Ideally, it can mean a constant move towards the things that interest you the most. Career-advancement can happen towards management, to another field and another new challenge or as a spiral to a deeper expertise in a focused area. We embrace all of this movement!

Planning for your own career supports motivation and can help you to reach your career goals. So, how to make a career plan for 2024? Read more from our blog.

[Make a career plan](#)



Strong networks are built in person - join our events

11.02.2024 - register soon!

MiB Work&Family: Family Fun Day - Moving Together with Joy - in Tampere

15.2.2024 - register soon!

MiB Mingle: Friendship Lunch - in Tampere

28.2.2024

MiB Mingle: Breakfast and multicultural networking - in Helsinki

15.4.2024

MiB Career: LinkedIn and CV clinic - in Helsinki

8.5.2024 - Save the date!

MiB Career: DEI seminar and networking event - in Helsinki

At MiB's yearly DEI seminar in May, we will have speakers from **KPMG, FIBS, Milton** and other employers. Together we will dive into the future of multicultural working life in Finland. Don't miss this opportunity to connect with other career-oriented mothers! Save the date and stay tuned for [more information](#).

[Check out all events](#)



Sign up for MiB HUB!

According to research, parental burnout is clearly its own phenomenon and separate from, for example, workplace burnout.

Once a parent has moved to a new city or country and lacks the support network in the new environment, it can increase the risk of feeling burdened to a new level.

Through this MiB HUB, we want to make a difference. We want to increase parents' resilience, help balance stress and resources, prevent burnout and enhance well-being.

The MiB Resilience HUB consists of 6 facilitated group discussions online, tools for self-reflection, and 2 webinars by experts. We connect you with other mothers in Finland, share experiences and present best practices to balance stress and resources in parenthood.

The HUB's online group discussion sessions happen on Tuesdays at 10-11:30 through Zoom on the following dates: 6.2., 27.2., 12.3., 26.3., 9.4. and 23.4. Do you feel like this could be something for you? Join the group!

If you want to listen to the webinars (free to all), join us to hear parental and wellbeing experts, therapeutic coach **Kati Ojeda** and ICF Master Certified Coach **Christine Suvanto**, who is the founder of Positive Solutions that is MiB's Trusted Partner.

[Join MiB HUB!](#)

Not a member yet?

With a cost of 40 euros per year, you will unlock the full potential of MiB network.

[Join MiB](#)



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Bird & Bird

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