

## OWIT GET TOGETHER

### **Women in Transition**

#### **An OWIT Get Together (OGT) initiative**

OGT's are Get Togethers where a member takes over the reigns and organizes her (his) own event for some fellow association members. The idea for this particular Get Together grew out of a previous OGT in 2013 that I attended on "Starting your Own Business". There was interest in carrying on with the shared learning that was begun at this gathering on a regular basis. Subsequent discussions established that the focus could usefully be broadened to cover many different aspects of transitioning to a new phase of life or career. As someone who has set up her own business and as a trainer and coach also who works with clients, both men and women, who are dealing with transition, I felt that I could add value to the topic by sharing not only my personal insights but some of the tools I use in my work.

One of the biggest stumbling blocks to getting this Get Together going was finding a good and cost effective location. Happily, OWIT Treasurer, Loredana Serban, recommended l'Aracade – a really nice friendly space operated by ICV Volunteers in Geneva.

With expert help and support from the OWIT team, the event became a reality on 29<sup>th</sup> October. Judging by the response (we had to limit numbers to 35 due to the size of the room), transition is a topic of real interest to many. Change is something that most of us have to face in our lives, and whilst some women choose transition, others have transition thrust upon them. It can be a challenging as well as an exciting time.

Those who came along were encouraged to start the process of assessing what they enjoy about their current /previous occupation or meaningful pursuit. By answering some questions taken from one of my coaching questionnaires, each person could hopefully gain some clarity about what is important to them in general, now and in the future. There was a lot of lively discussion along the way as everyone had the opportunity to mix and swap insights with different partners. The atmosphere was one of mutual support and encouragement and everyone was happy to share their experiences.

Coming together pro-actively like this provides us with the perfect environment for generating interesting ideas and leads to shared learning and more choices about dealing with change and transition. I for one would be delighted to organise more OGT's on this theme if there is interest. We could make this an occasional series of OGT's. Perhaps a Get Together every two or three months. I already have one idea (suggested by someone on the evening) AND a potential guest speaker for a "Women In Transition" Get Together in early 2015. Watch this space for news!

For the future, meetings could focus on a wide variety of topics and solicit support and input from career and transition coaches, life coaches, organizations who would welcome skilled volunteers, people who have set up and run their own business, people who can offer advice to those setting up and running their own business

(marketing, sales, finance, websites...), people who have lived the dream and made it work for them... Above all, coming together occasionally with a common purpose and interest in the topic can motivate and inspire everyone to be able to navigate change and transition more effectively.

If you have ideas for topics you would like to see covered or if you have experiences or insights you would like to share at this kind of OGT, then why not send me an email: [maureen@thetrainingbox.eu.com](mailto:maureen@thetrainingbox.eu.com)