



Services 4.0: innovation for workforce upskilling and reskilling

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I am Marie-Sophie, 30 years old French. I studied European Affairs and History. Graduated from 3 Masters. Worked for less than 4 yours in the European affairs environment.

AND THEN I SHIFTED.



Career Change

Short Term Observations

Unhappiness at work
Unability and unwillingness to look for similar jobs , even with a different work environment
Decrease of self confidence

Short and medium terms solutions

Personal skills analysis
Voluntary experiences in other fields to try out new skills
Career coaching partly subsidised by the Flemish government



'It took me one year
from the moment I
decided to change to
the time I left my job
(aka my first long term
position)'

Set up Organised Shift



WHAT MAKES A CAREER SHIFT

Effective



**SKILLS AND
LIFE
PROJECT
ANALYSIS**



RESOURCES

Unemployment subsidies
Paid Traineeships
Subsidised
entrepreneurship
programs
Ex: Erasmus for young
entrepreneurs



**USE OF
REGIONAL
AND LOCAL
PROGRAMS
AND HELPS**

WHAT MAKES ME HAPPY AND SELF-CONFIDENT?



BAKING

**BRUXELLES
FORMATION**



former pour l'emploi



VDAB

samen sterk voor werk



**From
14/09/
2018**



- I started a traineeship at Le Phare du Kanaal
- Meanwhile I started a 3 years long training in Baking and pastry at EFP in Brussels
- And I have as well to undertake 250h unpaid traineeships to complete my training, in baking and pastry shops.
- On **April 2019**, I got hired by Le Phare du Kanaal as part of the Kitchen and Com team.
- I am still doing my pastry training.
- **LONG WORKING HOURS but WORTH IT.**



