

# IO READY COMMUNITY ✨

## ANA COBANO CUESTA

*Read about Ana's experience with the  
Early Career Coaching Programme*



fulfilling, engaging, worthwhile

***‘A door into a trove of knowledge, advice, and  
insights about working in IOs and boosting your  
career success in international relations;  
well-structured, comprehensive,  
and rigorously prepared’***





## Why did you decide to take the IO Ready Early Career Coaching Programme?

As I am currently undertaking an internship in the field of international relations and I am a few months away from finishing my Master's degree, I was looking for advice into how to **better align my young professional career with my post-graduation goals.**

I was immediately intrigued by Wiola's coaching programme, seeing how similar our educational backgrounds and career interests are.

The programme was a truly **worthwhile investment, full of insights I will keep with me for the years to come.**

Wiola exceeded my (already high) expectations, and I cannot recommend her services enough for anyone in a vital turning point in their careers.





## What were the most valuable insights or knowledge you gained from the program?

I realized **how essential strategic planning is** when talking about career aspirations, and how it is **never too early to start thinking about long-term goals**, given that you will need to set the foundation blocks as soon as possible.

Above all, the programme equipped me with **materials, information sheets and exercises that I will use multiple other times** after the sessions – making its value and usefulness even higher.

It was the first time I followed a coaching programme and I was initially skeptical about it, but after completing it I can say loud and clear that the **content is thorough and well-researched, the sessions follow a clear roadmap** (each building upon the previous ones) and the **quality of the programme is undoubtedly high**.



## How did Viola's coaching, support, and personality enhance your experience of the programme?

Beyond the content of the sessions, the programme was extremely enjoyable thanks to Viola's support. Her experience in the field of IOs and international relations is undeniable, but **above these professional credentials, her personality, passion, and kindness shine through** in all the sessions.

Since day 1, Viola manages to create a **safe space** and makes it clear that **she is there for YOU**. She is a **great listener and a powerful communicator** who succeeds in engaging you during the entirety of the process (despite the intensity of it!).

As someone on the introverted side, she made me feel comfortable in every session and I was highly impressed by her emotional intelligence skills: **her advice was tailored to my personality and needs**, letting me know that I do not need to change these to pursue my goals.





## Are there any tangible improvements in your career goals or job search you've experienced since completing the program?

I now **approach my job search with a clear strategy in mind**: I know my short-term, mid-term and long-term goals and I analyze job offers more efficiently. I **assess each offer against my ultimate purpose** and have a better understanding of those that are a good fit for me.

In practical terms, I also have much more **clarity and knowledge about how to screen job offers**, prepare a more appealing CV and cover letter that speak to the recruiter, and **advance my career goals throughout the year** (beyond applications!).

The sessions gave me the **motivation I needed to break inertia and jump into action**. My next steps include continuing to work on my skills development plan in the months to come (the work is not over when the sessions finish!) and overcoming my limiting beliefs about career possibilities.



## Would you recommend the IO Ready Early Career Coaching Programme?

**Yes, yes, and yes!** I would recommend it for students and early graduates who have some doubts about their future and best career strategies: that is, most of us!

I genuinely believe that **everyone will get something out of it, given how tailored the sessions were and how responsive Viola is to your personal needs.**

- For those **who need a nudge into action**: Viola guides you through the difficult process of assessing your skills and preparing a career plan.
- For those **who feel that working in international organisations is unattainable for them**: the programme challenges your assumptions and limiting beliefs, and offers you practical exercises that bring you closer to your goals.
- For those **who struggle with modern-life networking**: Viola gives you the tools to find your own style, rhythm, and confidence.

The sessions are **an investment in yourself, and their value will keep being relevant even after you complete them.**



# ***JOIN***

✨ ***10 READY COMMUNITY*** ✨

