

# Case study

## Irene Spencer

“Hearing real-life stories from relatable women was pivotal in helping me to gain confidence and self-belief again,” says Irene Spencer who completed her work experience with S3 Group.

Having worked as a full-time carer for 17 years, being away from the ICT sector for so long had affected Irene’s confidence in her abilities.

“I felt like my skills and knowledge were out-dated and I had moved myself beyond the world of the tech sector. I wanted to get here, but I had no idea how to achieve that and I had little faith in my ability to manage it.”

Her confidence might have faltered, but her determination remained strong and Irene brushed up her CV and completed a Project Management course. But despite this, Irene admits that she couldn’t see a clear path for herself to re-join the sector.

“My project management training was a good course, but it did not prepare or guide me to actually ‘get’ my first job. Despite having all the up-to-date knowledge of being a project manager, I still felt underqualified and unprepared to rejoin the workforce as a project manager.”

But after attending a Software Skillnet Women ReBOOT information evening Irene heard others talk about the challenges that she too was experiencing. She immediately knew that the programme would help her to change her path.

Interacting with other women with similar experiences on Women ReBOOT boosted Irene’s confidence and she says the work placement has further motivated her.

“The individual coaching helps you to realistically plan your presentation and your goal. Group seminars with company speakers also gave us great insight into the company and recruiter perspective.”

“It’s proven to me that I can still learn, I still have valuable knowledge and I still operate at the level of engagement in an organisation that I enjoyed before a career break. Working and contributing has really boosted my confidence. I now feel comfortable and confident in applying for any job,” she says.

“If you’ve ever worked in ICT then you absolutely have what it takes to get back. Women ReBOOT will help you see this!”

