

If you prefer to read the message in your browser, [click here](#)

MiB MOTHERS IN BUSINESS

Towards an equal and family friendly working life

[Personal information update](#)

[Actives
infobank](#)

[News](#)



Hello and happy winter!

Welcome to the new year 2024 as a MiB active volunteer. We are excited to present you with all the things planned for upcoming months. In this letter you will find a brand new **MiB mingle guidebook**, information about **MiB HUB - a workshop for parental well being** and information about **MiB 2024 nationwide mentoring program**. Also, you'll find trainings planned for spring, so if you are interested in those, please sign up.

Active trainings & meetings:

Actives coffee 25.1. 9:00-9.45

*** informal discussion lead by an active***

[JOIN HERE](#)

Events training 12.2. 13:00-14:00

*** lead by the MiB staff ***

[SIGN UP](#)

Communications training 14.3. 9:00-10:00

*** lead by the MiB staff***

[SIGN UP](#)

Join our Future Workshop

We will take the first steps of MiB's new strategy and start shaping the future active way of working with you this spring. Goal is to improve the ways of volunteer work.

At the moment, we gather the feedback from 2023 and volunteer interviews that actives Vanessa and Kirstyna have done in January. Thank you all of you that have given feedback along the way!

Next step is MiB International **Future workshop** in early March, where we will discuss MiB's English activities' and volunteers' future even beyond the MiB International project. **Come and have a say: Please vote for a date to this 1,5h workshop in slack #international channel. Thank you!**

[Go to Slack](#)

If you have questions or suggestions for volunteer trainings or any issues with Slack, please contact: helena.kyttala@mib.fi

Register for MiB HUB!

Through the popular MiB HUB, we want to increase parents' resilience, help balance stress and resources, prevent burnout and enhance well-being - now for the first time in English. Do you feel like this could be something for you? Join the group!

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.

[Read more](#)



Join MiB HUB & unlock your resilience.



Make your own MiB mingle!

Mingles are easy and fun way to create an event and get to know other MiB-moms. Anyone can host a mingle! Just decide on a place and time and MiB-moms will come to you to chat, network and support each other.

New guidelines for mingles are now published, so check them out and make it happen, MiB-style!

[What is a mingle?](#)

Apply for MiB 's nationwide mentoring program as a mentor or as an actor.



MiB mentoring in 2024

We are looking for both actors and mentors to join our program. This year, we will dive deep into the theme of **Developing your own skills**. The program is organized virtually, so you can participate from any location.

The mentoring begins in April and lasts until the end of the year. We encourage you to join as mentors, as it is one way to boost your career! The application period for the program is open from January 22 to February 18, 2024.

[Read more](#)



Friendship day lunch at Tampere

Come celebrate "Ystävänäpäivä" (Friendship day) with new and old friends alike. Event is open to anyone who is interested in MiB activities. English and Finnish speakers and moms with children are welcome!

Event is in collaboration with IWWWF (International Working Women of Finland).

Date: February 15, 2024 @ 12:00-13:00

Place: Ravintola Sorella, Tampere

[Read more](#)

Useful links

- » [Actives infobank](#)
- » [Events organising instructions](#)
- » [MiB International Events calendar \(events in English\)](#)
- » [MiB event table \(all events\)](#)
- » [Picture bank for events and social media posts](#)
- » [All you need to know in a nutshell](#)



MiB

Mothers in Business MiB ry

hello@mib.fi

In cooperation with:



aTalent



Because companies are made up of people™



Bird & Bird

You received this email as you have registered as an active volunteer of MiB International project. If your situation has changed and you wish no longer continue as an active volunteer, please contact us on hello@mib.fi

[Data policy \(in Finnish\)](#)

POWERED BY 