



LIFE PROJECT

HEC Alumni professional development services

**GET INSPIRED.  
GROW.  
THRIVE.**

2024



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*Henri Mathieu-Saint-Laurent* • Photo page 10 : *Pavel Danilyuk* •

# WHY HEC LIFE PROJECT?

THE DAYS OF LINEAR  
CAREERS ARE OVER.  
TIME FOR INDIVIDUAL  
PATHS...

36% of managers intend to change company in the coming year\*. Behind this number, socio-economic changes, the challenges of ecological transition and technological breakthroughs such as artificial intelligence are profoundly changing the way we work. Faced with these changes, each individual's search for meaning, impact and fulfillment reinforces the need for support throughout their career.

In response, HEC Alumni has developed HEC Life Project: a hub of resources and support dedicated to your professional development.

## OUR MISSION :

To offer you an ecosystem of professional support from which to draw the resources you need to realize your aspirations and potential.

**+1600**

participants / year

**90**

events / year

**300**

coaching & interviews / year



**GET  
INSPIRED.**



**GROW.**



**THRIVE.**

# RESOURCES TO MEET THE DIVERSITY OF YOUR NEEDS

## PROFESSIONAL SUPPORT & COACHING



**HEC Life Project** individual interviews  
**Coaching Access** individual coaching  
**CV Advice (one to one)**  
**LinkedIn Advice (one to one)**

## EVENTS & WORKSHOPS



**Workshops, webinars, masterclasses, seminars, conferences...** Nearly 100 events on a wide range of topics and with the best experts are offered every year.

## MENTORING HEC PULSE



Benefit from the advice of a HEC Alumni mentor on our **HEC Pulse** platform to guide you in your professional project or become a mentor to share your experience and support your fellow students and graduates.

## NETWORKING



Thanks to the **HEC Alumni Professional Clubs**, meet professionals in your sector, take part in events and contribute to the dynamism of the HEC network.

## CONTINUING EDUCATION



**Edflex:** The Lifelong Learning platform for continuing learning and training.  
**Climate School:** Understand the ecological transition and its impact on professions.  
**Back to School:** Access HEC Paris Executive Education programs on preferential terms and benefit from a free once-in-a-lifetime program.  
**Le Wagon x HEC Alumni:** Elevate your skillset with immersive courses in web development, data and AI to transform your career with special reduced pricing!

## JOB BOARDS



**The HEC Alumni job board:** the employment platform for HEC graduates.  
**Whats4U:** the job board for France's top Grandes Ecoles.  
**GoinGlobal:** the job board dedicated to international careers.





# SUPPORT & COACHING



## ONE-TO-ONE INDIVIDUAL INTERVIEWS

*Take stock of your situation and your career plans in complete confidentiality to benefit from individualised advice.*

Would you like support with your career plan, find out more about the resources available to you at HEC Alumni, or simply take a moment to step back and clarify a career issue? Don't hesitate to make an appointment with our consultants, Alain Nebout (MBA.87), career management consultant, and Mathilde Courtois-Bastie, HEC Life Project Employability Manager and state-qualified coach.



**Objectives:** listen to you, take stock of your professional situation, identify your needs and guide you towards the resources best suited to your project. Available in French and English.



**Rates:**  
Free for fee-paying members



**Contacts:**  
Mathilde Courtois - mathilde.courtois@hecalumni.fr  
Alain Nebout (MBA.87) - alain.nebout53@gmail.com

## ONE TO ONE COACHING WITH COACHING ACCESS

*Let one of the professional coaches selected by HEC Life Project*

*help you achieve your goals.* A 3-hour individual coaching package (online or face-to-face), at a negotiated rate, with one of our certified coaches.



**Objectives:** work on a professional issue or question (clarify or unblock a situation), support when taking up a new position or moving on, initiate and make a success of a professional transition, work on yourself to develop your potential and leadership, etc. Available in French and English.



**Rates:**  
Alumni Contributors unemployed 300€ / Alumni Contributors 330€ / Non contributor 600€.



**Contact:**  
Marine Homo - marine.homo@hecalumni.fr

## CV ADVICE

*Ask an expert to help you optimize your CV in line with your career plans.*

1 hour of individual telephone coaching with an HR expert to rework your CV in line with your career objectives. Available in French and English



**Rates:**  
Starting from 35€ for unemployed Alumni Contributors



**Contact:**  
Marine Homo - marine.homo@hecalumni.fr

## LINKEDIN ADVICE

Benefit from personalized advice from an expert to improve your presence on LinkedIn: profile, editorial line, algorithms, etc. 30 minutes of one-to-one coaching over the phone, in 1 or 2 sessions, with a LinkedIn expert. Available in English and French.



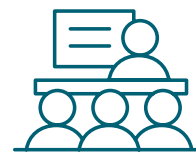
### Rates:

Starting from 35€ for unemployed Alumni Contributors



### Contact:

Marine Homo – marine.homo@hecalumni.fr



## EVENTS & WORKSHOPS



Workshops, webinars, masterclasses, seminars, conferences... Nearly 100 events every year on a variety of themes and with the best experts, to be found in the [HEC Life Project agenda](#).

### DISCOVER SOME OF THE 2024 PROGRAM:

**Webinar** “Champion’s Pitch”

**Webinar** “Strategic networking”

**Webinar** “LinkedIn behind the scenes”

**Webinar** “Secrets of headhunters”

**Online workshop** “Higher impact in public speaking”

**Webinar** “Manage your energy, not your time”

**Webinar** “Dealing with conflict”

**Webinar** “Ditch your TO-DO list, who do you need TO BE?”

**Online workshop** “How to design your work purpose with the IKIGAI method”

...



### Contact:

Marine Homo – marine.homo@hecalumni.fr

FIND OUT MORE



# MENTORING HEC PULSE



**Mentoring is a pillar of HEC Alumni, born of the conviction that the network is a powerful means of accelerating one's professional development, and of experiencing first-hand the solidarity of the HEC network.**

HEC Pulse is the digital mentoring platform where anyone in the HEC community can connect: it's open to all students and alumni, with more or less features activated depending on your membership status.

- **Long-term mentoring:** A structured, supervised 6-month program designed to help the mentee take up a new position, develop professionally, retrain, etc. Accessible only to HEC members.
- **Flash mentoring:** Unique 30 minutes to 1-hour encounters on a specific subject.



#### Rates:

Every HEC Alumni can be a mentor. Only HEC Alumni students and HEC Alumni contributors can be mentees.



#### Contact:

Amandine Rodrigues – [amandine.rodrigues@hecalumni.fr](mailto:amandine.rodrigues@hecalumni.fr)

[FIND OUT MORE](#)



# JOB BOARDS

## HEC ALUMNI JOB BOARD

**Find your next opportunity or recruit talent with the HEC Alumni job platform.**

The job offers platform exclusively reserved for HEC Alumni. A selection of highly qualified job offers, some of which are posted directly by HEC Alumni for their peers in France and abroad.

#### Applicants\* :

- Thousands of job offers from our partners;
- Direct offers from Alumni and recruiters in France and abroad;
- Make yourself visible to recruiters thanks to the HEC Alumni CV library;
- Activate alerts to make sure you never miss an opportunity;
- Identify members of your network within the companies that interest you.

#### Recruiters\*\*

- Distribute your job offers free of charge to thousands of HEC graduates worldwide;
- Identify talent directly using our CV library (over 3,000 profiles available) and by activating candidate alerts;
- Promote your employer brand to graduates with tailor-made offers;
- Share your job offers directly and automatically on Whats4u to reach a wide audience of Grandes Ecoles graduates.

## WHATS4U

**HEC Alumni is a member of Whats4u, a collective of 18 alumni associations from prestigious Grandes Écoles.** Whats4u's raison d'être is to facilitate the professional development of our schools' graduates. To this end, they organise events enabling direct and informal exchanges between recruiters and alumni from the best engineering and business schools. We pool the job offers received by Whats4u and each of the associations. We also develop partnerships around themes such as international mobility (GoinGlobal).

[FIND OUT MORE](#)

\*Reserved for HEC Alumni. Free for fee-paying members. \*\* Free and open to all recruiters, even non-HEC.

## GOINGLOBAL

The job platform dedicated to international careers.

Want to work abroad? GoinGlobal is for you: you'll find over 40 career guides organised by country, a worldwide directory of major employers, and thousands of internships and job offers.



**Rates:**

Free for HEC Alumni fee-paying members



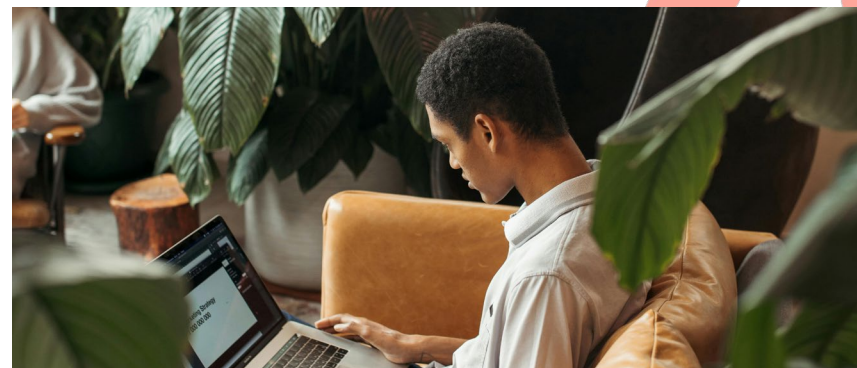
**Contact:**

Mathilde Courtois – mathilde.courtois@hecalumni.fr

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## CONTINUING EDUCATION



### BACK TO SCHOOL (INFINITY PASS EXCLUSIVITY)

Infinity Pass gives you access to HEC Paris Executive Education programs at preferential conditions.

→ 1 seminar offered once in your lifetime\* from the following 5 programs:

- Enhancing your leadership skills
- Mastering strategic negotiations skills
- Sustainable Transition Management
- Financial Strategy for Decision Makers
- Digital Marketing

→ 30% discount on all Executive Education programs, excluding partner programs\*



**Contact:**

Mathilde Courtois – mathilde.courtois@hecalumni.fr

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\*Free and/or discount offer available excluding ancillary costs (e.g. meals, accommodation, travel, etc.), subject to availability of places and compliance with enrolment conditions (e.g. pre-requisites, selection panel, etc.). For free seminars, lunches are compulsory and at the participant's expense. For seminars benefiting from a 30% discount: This discount cannot be combined with any other promotional offer and does not apply to partnership programs (please consult us).



## EDFLEX (INFINITY PASS EXCLUSIVITY)

Infinity Pass gives you access to our online continuing education platform. Edflex offers over 10,000 courses in all fields: economics, digital, marketing, management, sustainable development, etc.

### Your exclusive Edflex advantages:

- More than 70,000 resources available in a variety of formats to suit your needs: articles, videos, podcasts, online courses;
- Unlimited access to replays of HEC webinars and HEC Executive Education webinars;
- Quality resources in the fields of entrepreneurship, finance, leadership, foreign languages and public speaking;
- Certifying courses and free courses accessible directly on the portal (playlists);
- A simple, agile way to boost the skills you need, when you need them!



#### Rates:

Free for Infinity Pass subscribers



#### Contact:

Amandine Rodrigues – [amandine.rodrigues@hecalumni.fr](mailto:amandine.rodrigues@hecalumni.fr)

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## CLIMATE SCHOOL (INFINITY PASS EXCLUSIVITY)

On our Edflex continuing education platform, you'll find a hundred or so free micro-learning modules designed by Axa Climate scientists to help you understand the ecological transition and its impact on your business.

**Understand:** The scientific foundations of sustainable transition: 6 courses to understand the intrinsic workings but also the interactions between climate, biodiversity and natural resources, as well as their impact on our societies.  
**Taking action:** Building a roadmap for action in each business line: 4 courses

on collective corporate challenges and 1 course per business line (IT, Purchasing, Legal, Finance, HR).

**Taking action:** Building a roadmap for action in each business line: 4 courses on collective corporate challenges and 1 course per business line (IT, Purchasing, Legal, Finance, HR).



#### Rates:

Free for Infinity Pass subscribers



#### Contact:

Amandine Rodrigues – [amandine.rodrigues@hecalumni.fr](mailto:amandine.rodrigues@hecalumni.fr)

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## LE WAGON X HEC ALUMNI

**Develop new skills in web development, data and AI.** Le Wagon and HEC Alumni have teamed up to offer the HEC community discounted prices on the world's #1 ranked tech courses. Whether you want to launch your career in tech, make your CV stand out from the crowd, or become an entrepreneur, find out which course is right for you!

- **Enjoy exclusive pricing with a 5% reduction on data engineering bootcamps and skill courses**
- **Receive a €500 discount on web development, data science & AI, and data analytics bootcamps**

This offer applies exclusively to the Le Wagon's European campuses and to the Online format.



#### Contact:

Mathilde Courtois – [mathilde.courtois@hecalumni.fr](mailto:mathilde.courtois@hecalumni.fr)

[FIND OUT MORE](#)



# NETWORKING



With over 1,500 clubs in France and around the world, HEC Alumni boasts an extraordinary network.

It's a unique ecosystem for your professional and personal development, whether you want to keep in touch with peers through shared interests, take part in inspiring events, get involved in projects or expand your network.

PROFESSIONAL CLUBS

REGIONAL CHAPTERS

THEME CLUBS

INTERNATIONAL CHAPTERS

GENERATIONAL CLUBS

**Good to know:** Clubs are open to all graduates, whatever their membership status. Don't hesitate to get in touch with the alumni in charge of the Club offices, some of whom have career relays and can help you with your career transition plans.

FIND OUT MORE

## A TEAM AND EXPERTS TO SUPPORT YOU

HEC Life Project is a team of permanent staff at your disposal, and the expertise of a community of over **40 carefully selected speakers and professional coaches.**



**GÉRALDINE PAUTY**

Director Marketing and Services HEC Life Project



[geraldine.pauty@hecalumni.fr](mailto:geraldine.pauty@hecalumni.fr)



**MATHILDE COURTOIS**

Employability Manager



[mathilde.courtois@hecalumni.fr](mailto:mathilde.courtois@hecalumni.fr)



**MARINE HOMO**

Project Manager



[marine.homo@hecalumni.fr](mailto:marine.homo@hecalumni.fr)



**AMANDINE RODRIGUES**

Digital Manager



[amandine.rodrigues@hecalumni.fr](mailto:amandine.rodrigues@hecalumni.fr)

# DON'T MISS ANY OF OUR LATEST NEWS:

Find out **all about HEC Life Project**

[ON THE HEC ALUMNI WEBSITE](#)

Discover our **full program of events**

[IN THE DIARY](#)

Receive our **monthly Newsletter and Agenda**  
in your mailbox (never received them? Contact  
Mathilde Courtois - [mathilde.courtois@hecalumni.fr](mailto:mathilde.courtois@hecalumni.fr))

[SUBSCRIBE](#)

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