



A SHE STARTS CAREER READINESS PROGRAMME

Career Restart Crash Course

get interview-ready in one month

One month. A focused, practical run at everything standing between you and your next interview.

1-Month Career Readiness Programme

PREPARE. PRACTISE. GET INTERVIEW-READY.

WWW.SHESTARTS.ONLINE

1

MONTH

Focused Preparation

17

SESSIONS

Live and Guided

8

MOCK

Interviews

400+

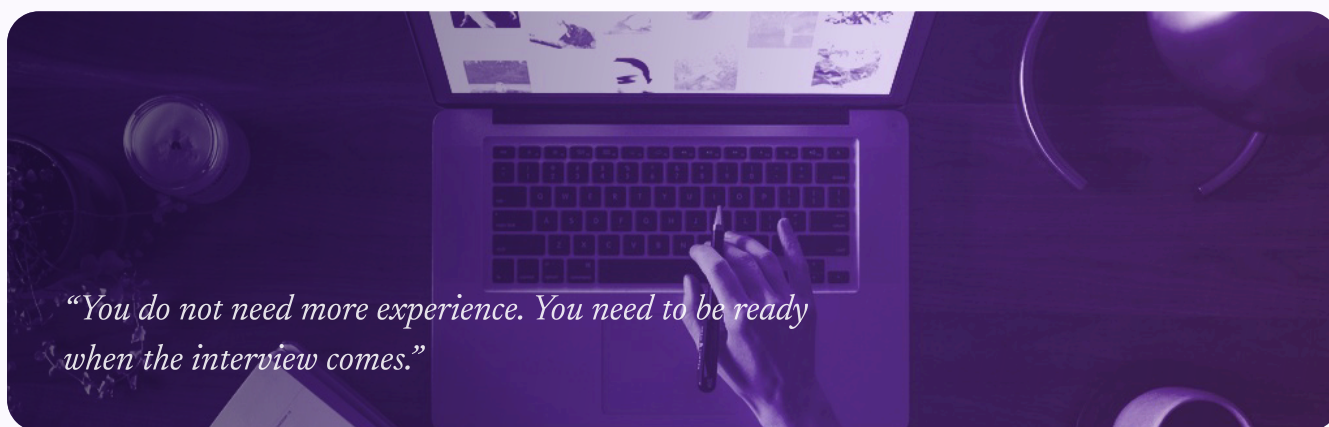
WOMEN

Trained by She Starts

You are not underqualified. *You are underprepared.*

Most people lose the job before the interview. A CV that does not survive an ATS filter, a LinkedIn profile recruiters never surface, applications sent into a void, and answers rehearsed for the first time in the actual interview. None of that is a talent problem. It is a preparation problem, and preparation is fixable in a month.

This course is deliberately narrow. It does not teach you a new profession. It takes the experience you already have and makes it legible to employers: a CV that gets read, a profile that gets found, a strategy for where to apply, and eight mock interviews so the real one is not your first.



THIS PROGRAMME IS FOR YOU IF YOU ARE

- 01 Ready to start applying but unsure your CV and profile are good enough
- 02 Returning after a career break and unsure how to explain the gap
- 03 Applying steadily and hearing nothing back
- 04 Getting interviews but not offers, and want structured practice

No prior experience needed. No technical background needed. Bring whatever CV you have, even if it is out of date.

One month.

From stuck to interview-ready.

Fully online

Live and recorded sessions

17 live sessions across 4 weeks

1

WEEK 1

Your CV, Rebuilt

Four dedicated sessions on your actual CV, not a template. You learn what recruiters and ATS filters look for, how to write experience as outcomes rather than duties, and how to present a career break honestly and confidently. You leave the week with an **ATS-ready CV** you can send that day.

2

WEEK 2

Profile and Job-Search Strategy

One focused session rebuilding your LinkedIn profile so recruiters actually surface it, followed by job-search strategy: where to apply, how to target roles that fit, how to approach people directly, and how to keep applications organised. You also work on professional communication — outreach messages, follow-ups, and how you write to a hiring manager.

3

WEEKS 3 & 4

Interview Preparation and Practice

Four preparation sessions covering structure, common questions, salary conversations, and how to answer the gap question without apology. Then **eight mock interviews** with structured feedback after each one, so you improve between attempts. By the end, the real interview is not your first.

WHAT MAKES IT DIFFERENT

No generic templates. No advice you could have googled. *Eight mock interviews, on your real answers, with feedback each time.*

Everything you need, *before you apply.*

CORE SKILLS

- CV preparation — four dedicated sessions on your own CV
- LinkedIn optimisation — one focused profile rebuild
- Interview preparation — four structured sessions
- Mock interviews — eight, with feedback after each
- Job-search strategy: where to apply and how to target
- Professional communication, outreach, and follow-ups
- Career restart preparation: confidence and the gap question

WHY THIS WORKS

Practice is the part everyone skips

Most candidates prepare by reading. They rehearse in their head, then meet the question for the first time in the room. **Repetition is what changes the outcome.**

EIGHT MOCK INTERVIEWS

Not one practice run at the end. Eight, spread across the course, each followed by specific feedback so you can fix something before the next one.

Every document you work on here is your own. Your CV, your profile, your answers, your target roles. Nothing you build is a sample you have to adapt later.

A career break is not the thing that costs you the offer. Being unable to talk about it clearly is. **That is what we rehearse.**

Ready *before* you apply,
not *during* it.

Most people start applying and hope to improve as they go, burning their best opportunities on their worst attempts. This course front-loads the work. By the time you apply, your CV has been through four rounds of revision, your profile is built for search, and you have sat eight interviews. **The first employer you speak to gets your prepared version, not your practice one.**

WHAT YOU WALK AWAY WITH

An ATS-ready CV, a rebuilt LinkedIn profile, a targeted list of roles and employers, a set of prepared interview answers, eight completed mock interviews with written feedback, and a completion certificate from Internzity.

Everything you need to know.

DURATION	1 month. 17 live sessions including 8 mock interviews
FORMAT	Fully online. Live sessions, all recorded for your further use
TIME	Weekdays 1 – 2 hours per session
WHO IT SUITS	Women preparing to apply, returning after a break, or interviewing without success
ELIGIBILITY	Open to all. No prior experience or technical background required
WHAT YOU NEED	A laptop, a stable internet connection, and your current CV
CERTIFICATION	Completion certificate from Internzity plus your interview-ready portfolio

PROGRAMME FEE

INR 5,000

Option 1: One-time Single Payment

20% Discount: ₹4,000

Option 2: Installment Payment

2 Installments of ₹2,500 each

1st installment: Within 3 days

2nd installment: Within 15 days

WHAT IS INCLUDED

Four CV sessions, one LinkedIn optimisation session, four interview preparation sessions, eight mock interviews with feedback, job-search strategy, professional communication coaching, and a completion certificate from Internzity.

Does this find me a job?

This course prepares you to apply and interview well. It is not a placement programme and carries no placement guarantee. If placement support is what you need, ask us about the full She Starts career restart programmes.

Eight mocks, really?

Yes, and it is the core of the course. Each one is followed by specific written feedback, and they are spaced so you can act on it. Improvement comes from the gap between attempts, not from the attempts themselves.

Long career break?

That is who this was built for. We spend real time on how to present a break as context rather than a liability, and you rehearse that answer until it sounds like you.

Get interview-ready in one month.

Speak to a She Starts counsellor today.

+91 80758 04170

www.shestarts.online



Who is *Behind This*

INTERNZITY

A Remote Job Talent & Placement Academy focused on helping professionals build practical skills, real experience, and secure remote opportunities.

25+ Countries with Student Placements

SHE STARTS

An Internzity initiative for women on career breaks — structured guidance, confidence building, and placement support.

400+ Women Guided to Restart

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A global company shaping talent, technology, and the future through structured career systems, real-world skill development, and global opportunity access.



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