

>> Snapshot



Janet Carberry

Journalist

NUJ

skills. I have also had to expand my skills to cover online journalism and digital tools as well as developing social media skills.

What is the biggest challenge of learning the skills that you need?

The biggest challenge is finding the time to practise what you have learnt in order to become proficient. It is easy to do a course and not follow through to really embed the new skills.

What FEU Training courses have you attended?

Get Hired, Write that book and get it published, Social media at work, Finance for freelancers, Using data to make money and Speak up for yourself.

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How has what you've learnt helped you?

FEU Training helped me get back into journalism. The first workshop I attended was Get Hired, which was a real turning point for me. It helped me to see all my experiences from new perspectives and gave me a huge confidence boost to get back out there. As well as the workshop content, the conversations I had with other attendees really helped to change my attitudes and interpretations of my career to date.

I've got so much from all the workshops I have attended, from new ideas to confirmation that I am on the right track. I always find the sessions energising. They have helped me regain my confidence and close down moments of self-doubt.

What has encouraged you to attend FEU training sessions?

You can always learn so much more when you are with a group that wants to be there and who are so generous in what they share. I relish working with participants from the other unions, particularly the actors, as many of them seem to have such a different mindset to journalists. They seem to project confidence, I find them so inspiring.

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