

# Support from Spousecare, in many ways

By Beatrice Benavides, 2018

Originally from Greece, Lena and her husband moved to Copenhagen, Denmark, from France late 2017 for her husband's career. After settling into their new home, Lena and her husband decided to email Spousecare, a service offered to her by the HR company of her husband's company.



Anette, the founder and director of Spousecare, responded right away.

Founded in 2007 by Anette Pilmark, Spousecare is a private company that specializes in caring for spouses of foreign employees hired by large Danish organizations.

Lena says that for her, *"Spousecare is two parts: The-Sys-Part and The-Anette-Part."* Both Anette and Sys are counselors at Spousecare.

## **The-Sys-Part**

When Lena moved to Copenhagen with her husband, she decided to work in a field different from where she came from. Sys recommended several tactics, some of which were:

- Visiting websites of recommended companies
- Reorganizing Lena's CV into a factual CV to better demonstrate her skills and personality

*"The latter,"* Lena says *"was a very good move. Sys was available by email and responded right away."* Sys supported Lena in her job hunting strategy and helped her prepare for job interviews.

Moreover, Sys was also more than a career counselor to Lena. She says that, *"Sometimes, Sys is my psychologist. I go to her for my feelings and issues, apart for all the practical matters."*

## **The-Anette-Part**

Meanwhile, Anette supported Lena in building a social network. *"Anette showed us what Denmark has to offer to the people that live here. She also explained what makes Danes special and customs we should be aware of,"* Lena says.

As part of a job search workshop that Anette organized, Lena says that they listened to a former member of Spousecare. *"He explained to us how he went through the job search process, what he did, what he found difficult, and how he eventually succeeded in finding a position,"* Lena says. *"At the same time, it was a good excuse to meet people and make new friends here."*

## **The Spousecare network**

Lena attended several events, which taught her more about Danish culture, gave her advice on job hunting, and gave her an opportunity to meet new friends.

Lena explains, *"I've met some people who, I feel, could be a friendship that could last. That is something that I get from this network. We're all new, looking for a job, time on our hands, experiencing the same situation. We have things in common. And we also have different things that we are eager to explore."*

**Calling all Danish companies**

Lena asserts that, *“if a company is hesitating hiring Spousecare, they shouldn’t. I believe it is a good investment.”*

How so? Lena continues, *“I’ve heard of many instances where employees leave the country because the spouse is unhappy. Making sure the spouse is happy is important. In any case, people should get out of the house and do stuff for themselves and explore the new country. And Spousecare helps you do that.”*

For more information about Spousecare, visit [www.spousecare.dk](http://www.spousecare.dk) or contact Anette Pilmark.

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