

Seniors Employment Guidance™



Introduction

Seniors Employment Guidance™ or “SEG” is a programme developed by Centre For Seniors with the aim to facilitate, promote and enable older employees to remain in employment for as long as possible.

This two-day workshop is available in English, Mandarin, Malay and Tamil.

Target Audience

This workshop is for :

- Mature employees
- Those who are unsure about continuing employment
- Those who need / would like to make a career change for various reasons

Objectives

- To enhance participants' understanding of the ageing process in the context of current social and economic environment
- To provide participants an opportunity to review their own financial circumstances, assess their strengths, abilities and skills
- Explore employment and other options

Course Outline

- Myths & facts of ageing : Physical, psychological & social aspects
- Financial review & management
- Harnessing your potential through :
 - Understanding your personality & strengths
 - Assessing your interests and abilities
 - Exploring job and other options
 - Handling interviews
 - Community resources

Methodology

- Lectorettes
- Small group discussions
- Role-plays
- Experiential & awareness exercises

Course Duration

Two days

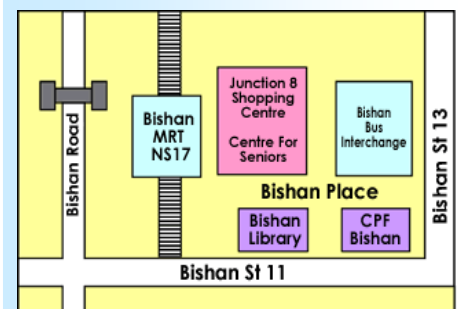
Course Fees & Registration

For more information or registration, please contact :

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Training Venue

Centre For Seniors
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