

TRAINING PROVIDER	
Singapore Professionals' and Executives' Cooperative Limited	
COURSE INFORMATION:	
Course Title	<b>Second Career, Silver Mentors</b>
Language	English
Course Duration	1 days (8 hours / 9am to 6pm)
COURSE OUTLINE:	
<b>Course Overview &amp; Objectives</b>	<p>Understanding your personality profile and career profile will enhance your ability to take control of your career. Through this interactive course, you will understand the importance of understanding your Strengths and Career Options through use of Scientific instruments like IDENTI3 Profiling.</p> <p>The course will help to surface your individual's thinking, feelings, actions with the intention for you to re-focus your career. By participating in this course, it allows you to undertake self-analysis in relation to your career and participate in group discussions on certain concepts. You will have the opportunity to learn from others' experiences and different views, as well as through observing others, by providing and receiving feedback, self-reflection and action planning.</p>
<b>Key Topics Covered</b>	<p>The course will cover the following:</p> <p><b>1) Introduction to Strengths and Career Choices through Profiling</b></p> <ul style="list-style-type: none"> <li>• Learners understand their possible Career Choices</li> <li>• Learners understand their Strengths</li> <li>• Learners understand their blindspots</li> </ul> <p><b>2) How to build meaningful relationships with others</b></p> <ul style="list-style-type: none"> <li>• Learners learn that others are different from them</li> <li>• Learners learn that imposing values lead to conflicts</li> <li>• Learners learn how different types of people can work together through collaboration</li> </ul> <p><b>3) How to coach and communication with others</b></p> <ul style="list-style-type: none"> <li>• Learners learn how to coach others through active listening</li> <li>• Learners learn the importance of EQ when it comes to coaching</li> <li>• Learners learn different coaching style for different people</li> </ul>
<b>Learning Outcomes</b>	<p>Upon completion of the course, you will be better able to:</p> <ul style="list-style-type: none"> <li>(i) understand which career suits you and your career orientation</li> <li>(ii) build meaningful relationships with peers and colleagues</li> <li>(iii) take a closer step in coaching and communicating with others</li> </ul>

<b>Learning Methodology</b>	The course will utilise different adult learning models: <ul style="list-style-type: none"><li>- Theory and concepts: 1 hour</li><li>- Group Discussion and problem solving: 2 hours</li><li>- Experiential learning: 2 hours</li><li>- Role Play: 2 hours</li><li>- Group Presentation: 1 hour</li></ul>
<b>Who Should Attend</b>	This workshop will benefit those who are re-looking into their career orientation and/or planning their next move in terms of career development; as well as for those who wish to help, guide/coach others on how to take charge of their careers.