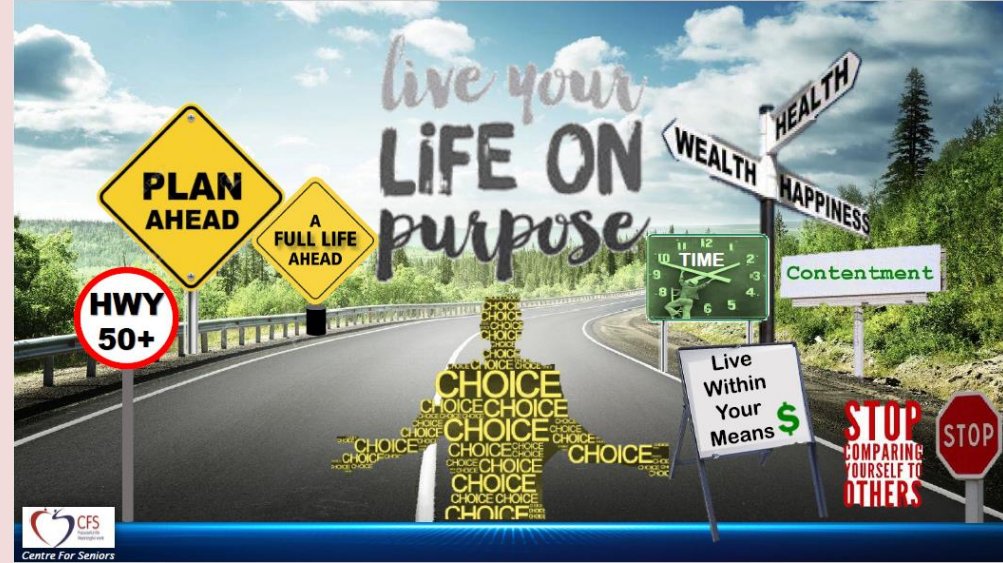


# WORK & LIFE TRANSITION

## RETHINK 50 | LIFEWORK SERIES



### RETHINK 50: Preparing For Change

### RETHINK 50: Be Active & Relevant

### LifeWork II Back-to-Work Seniors

### LifeWork II Adapting to New Workplace

Enhance your ability to manage challenges affecting your work and life changes. Prepare your life's journey for meaningful work and purposeful life beyond retirement years!

Learn about physical & mental wellness and how to stay connected & engaged with family, friends and the community for a more meaningful life.

Enhance your interpersonal skills and learn about digital adoption, workplace skills and develop personal attributes and confidence to rejoin the workforce.

Enhance your interpersonal & workplace skills and strengthen resilience in coping with a new job or workplace.

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Nett fees \$55 after NSA subsidy (1-day)  
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Dates: Oct 26-28/Nov 23-25

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NSA subsidy applies to Singaporeans & SPRs aged 50 & above. Eligible for SkillsFuture Credit

