

MISSION

Through the delivery of human services programmes our work enables better lives. We bring results focussed and values driven solutions to improve the societies in which we operate.

VISION

To be the best human services provider delivering life changing outcomes for all we serve.

We are Ingeus.

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1. Job Search and Mental Well-Being

The correlation between job search and mental health is significant. Searching for a job can be a stressful and emotionally challenging process, which can have both positive and negative effects on an individual's mental well-being. Here are some common problems that might arise during the job search:

1. **Anxiety and Stress.** Job searching often comes with uncertainty, rejection, and the pressure to meet deadlines. These factors can contribute to heightened levels of anxiety and stress, impacting mental health. Financial insecurity resulting from unemployment or the need to secure a job quickly can contribute to increased stress and anxiety as well. The fear of being unable to meet financial obligations can significantly impact mental well-being.
2. **Self-esteem and Identity.** Unemployment or prolonged job search can affect one's self-esteem and sense of identity. The lack of a job can lead to feelings of worthlessness or inadequacy, and the constant search for employment can be mentally exhausting.
3. **Social Isolation.** The job search process can be isolating, particularly if it involves spending long periods alone, filling out applications, or facing numerous rejections. This isolation can lead to feelings of loneliness which subsequently impact mental health of the job seeker.

To prioritise mental health during the job search, it's crucial to maintain a balanced approach. The following practical approaches could be useful to achieve this:

1. **Social Support.** Seeking support from friends, family, or professional networks, and consider seeking help from mental health professionals if needed. Remember to set realistic expectations, celebrate small victories, and be kind to yourself throughout the process.
2. **Coping with Rejection.** Frequent rejections during the job search can take a toll on mental health, leading to feelings of disappointment, frustration, and self-doubt. It's important to develop coping mechanisms and maintain a positive mindset during this process.
3. **Self-care.** Practice self-care activities is paramount in the job search process. This includes but not limited to regular exercise, practise mindfulness & relaxation techniques, getting enough rest & sleep, and engage in activities you enjoy.

If handled well, the process of job search can have a positive impact on mental health. It provides a sense of purpose, structure, and opportunities for personal and professional growth. Do approach your career coach to discuss on how to make your job search more meaningful and less daunting. Because in Ingeus we transform lives through the empowerment of individuals into meaningful and sustainable work.

2. Testimonials From Satisfied Clients Who Benefitted From Our Programme:



“ Rachel was my coach for 3 months. I was demoralized in my first month and started to pick up the broken pieces of myself to look for a new job in the second month. During that period, she provided me with warm support and guided me to present myself professionally on my resume & LinkedIn profile. She reviewed my interview questions whenever I had interviews for every round. She also guided me on how I presented myself during my first interview after 16 years with my previous company and followed up with emails after my interviews. I applied for 15 jobs in less than 2 months and had 4 job interviews (2 of them had 2 rounds of interviews). She said my interview hit rates were high based on how selective I applied for jobs and have to give myself a pat. I told her she also gave herself a pat. She told me in our first two meetings that it would be challenging to find a new job in such a short time and prepared myself for around 6 months or so. We have done it! Thank you very much, Rachel! Without your support and guidance, I will not find a job within 3 months or (2 months when I started to look for a job). ”

- Client Ms Betty Lim

“ I would like to thank Rachel for her gracious heart and relentless support to walk this journey with me. What she has done is more than contractual obligation to her clients but from her heart to serve when I could reach her beyond office hours, always making efforts to connect even when I feel like giving up at times. Thank you very much Rachel for this wonderful relationship and it's a delight to be working with you.”

- Client Mr Nicholas Lai

3. Improve Your Job Search Skills Through Career Accelerator Workshops

Module 1 Job Search Jedi	Module 2 Resume & Cover Letter Preparation	Module 3 Successful Interview Techniques	Module 4 Build Personal Branding on LinkedIn	Module 5 Networking & Elevator Pitch
18 Jul 2023 08 Aug 2023 29 Aug 2023 19 Sep 2023	19 Jul 2023 10 Aug 2023 30 Aug 2023 20 Sep 2023	20 Jul 2023 15 Aug 2023 31 Aug 2023 21 Sep 2023	25 Jul 2023 16 Aug 2023 05 Sep 2023 26 Sep 2023	26 Jul 2023 17 Aug 2023 06 Sep 2023 27 Sep 2023

Jul - Sep Timetables

Date	Time	Module Title	Email Address
18/07/2023 (Tuesday)	1.30pm - 4pm	M1: Job Search Jedi	CA.M1@ingeus.com.sg
19/07/2023 (Wednesday)	1.30pm - 4.30pm	M2: Resume & Cover Letter Preparation	CA.M2@ingeus.com.sg
20/07/2023 (Thursday)	1.30pm - 4.30pm	M3: Successful Interview Techniques	CA.M3@ingeus.com.sg
25/07/2023 (Tuesday)	1.30pm - 3.30pm	M4: Build Personal Branding on LinkedIn	CA.M4@ingeus.com.sg
26/07/2023 (Wednesday)	1.30pm - 5pm	M5: Networking & Elevator Pitch	CA.M5@ingeus.com.sg

Registration opens from 27 June to 14 July 2023

Date	Time	Module Title	Email Address
08/08/2023 (Tuesday)	1.30pm - 4pm	M1: Job Search Jedi	CA.M1@ingeus.com.sg
10/08/2023 (Thursday)	1.30pm - 4.30pm	M2: Resume & Cover Letter Preparation	CA.M2@ingeus.com.sg
15/08/2023 (Tuesday)	1.30pm - 4.30pm	M3: Successful Interview Techniques	CA.M3@ingeus.com.sg
16/08/2023 (Wednesday)	1.30pm - 3.30pm	M4: Build Personal Branding on LinkedIn	CA.M4@ingeus.com.sg
17/08/2023 (Thursday)	1.30pm - 5pm	M5: Networking & Elevator Pitch	CA.M5@ingeus.com.sg

Registration opens from 18 July to 04 August 2023

Date	Time	Module Title	Email Address
29/08/2023 (Tuesday)	1.30pm - 4pm	M1: Job Search Jedi	CA.M1@ingeus.com.sg
30/08/2023 (Wednesday)	1.30pm - 4.30pm	M2: Resume & Cover Letter Preparation	CA.M2@ingeus.com.sg
31/08/2023 (Thursday)	1.30pm - 4.30pm	M3: Successful Interview Techniques	CA.M3@ingeus.com.sg
05/09/2023 (Tuesday)	1.30pm - 3.30pm	M4: Build Personal Branding on LinkedIn	CA.M4@ingeus.com.sg
06/09/2023 (Wednesday)	1.30pm - 5pm	M5: Networking & Elevator Pitch	CA.M5@ingeus.com.sg

Registration opens from 08 to 25 August 2023

Date	Time	Module Title	Email Address
19/09/2023 (Tuesday)	1.30pm - 4pm	M1: Job Search Jedi	CA.M1@ingeus.com.sg
20/09/2023 (Wednesday)	1.30pm - 4.30pm	M2: Resume & Cover Letter Preparation	CA.M2@ingeus.com.sg
21/09/2023 (Thursday)	1.30pm - 4.30pm	M3: Successful Interview Techniques	CA.M3@ingeus.com.sg
26/09/2023 (Tuesday)	1.30pm - 3.30pm	M4: Build Personal Branding on LinkedIn	CA.M4@ingeus.com.sg
27/09/2023 (Wednesday)	1.30pm - 5pm	M5: Networking & Elevator Pitch	CA.M5@ingeus.com.sg

Registration opens from 29 August to 15 September 2023

" A passport is your identification, and it identifies you as a person. So is a resume. It is the passport to your next career.

Ingeus runs regular career workshops to help job seekers gain sustainable employability skills, including how to create a targeted resume. Other workshops we conduct include interviewing skills, job search strategies and personal branding on LinkedIn. These workshops offer a combination of self-reflection and job market awareness for you to understand the hiring process better. Through the sharing during the workshop, you will learn various techniques, including how to position yourself to highlight your abilities and transferable skills, and to differentiate between your capabilities and competencies.

Sounds interesting? Talk to your coach and sign up for our next workshops! "

- Career Coach, Nina Sanusi



Steps to register for Career Accelerator Modules

- To register your interest for each Module, do email to the respective email address (copy coach in the email), according to the Sample Email as shown below. Upon receipt of your email, you will receive a system generated email to acknowledge your interest for the workshops.
- Confirmation email and Webex Meeting Link for the modules you have successfully registered for, will be sent to you few days before the modules, with the joining instructions.

Sample Email 1 - to register for M1: Job Search Jedi

- Send an email to: CA.M1@ingeus.com.sg (copy coach)
- Subject: Registration for [M1: Job Search Jedi - 18/07/2023](#)

Module	Date of Workshop	Clients Name	Client's Email Address	Name of coach
M1	18/07/2023	John Smith	jsmith_@hotmail.com	Coach A

Career Accelerator Workshops

Module 1 Job Search Jedi

- Identify industries/job hotspots in seconds using modern online tools and information
- Techniques to get noticed by headhunters and generate more interview opportunities
- Beat the ATS and also save precious hours scrolling through pages of job listings

Module 2 Resume & Cover Letter Preparation

- Know what is required for CVs today
- Create a CV that appeals to employers by focusing on your value proposition
- Prepare an effective and personalised cover letter

Module 3 Successful Interview Techniques

- Interview coaching using proven techniques
- Overcome tough interview questions effectively
- How to prepare before you go for the interview

Module 4 Build Personal Branding on LinkedIn

- Develop an online personal branding statement that differentiates you from others
- Learn how to apply it to develop a powerful LinkedIn account that gets the attention of recruiters
- Understand your core competencies and leverage on your unique set of skills and experience

Module 5 Networking & Elevator Pitch

- Learn techniques and tips to overcoming barriers to networking and network with ease
- Discover ways to find networking opportunity and follow up meaningfully
- Develop and deliver your elevator pitch for networking or when you meet with employers

4. Events for July to September 2023

WSG Events & Activities

Click the image on the right-hand side to view the upcoming WSG Events & Activities

- Upcoming Online Career Events
- Upcoming Physical Events
- Workshops & Seminars



5. Resources For Your Personal Journey

MindSG at HealthHub (A One-Stop Resource for Mental Well-Being)

Mental well-being is not a fixed state but rather a dynamic process influenced by various factors including genetics, life experiences, social support, and individual coping strategies. It is important to prioritise mental well-being as it contributes to overall happiness, productivity, and the ability to lead a fulfilling life. On some days, we may feel energised while on other days, we may feel stressed. It is normal to feel all kinds of emotions because mental well-being is about accepting and embracing all these emotions.

Explore the suite of self-care tools and resources to help you better understand and manage your mental health on [MindSG \(healthhub.sg\)](https://www.healthhub.sg/mindsg) website.



We also encourage you to do a simple mental well-being assessment using the assessment tool that can be found [here](#).

Last but not least, get some O.K.A.Y. tips [here](#) to maintain your mental well-being.



Survey

We appreciate your feedback

Do look out for our survey link which will be emailed to you and help to complete the survey. Thank you!

You can contact us at: <https://ingeus.com.sg/contact-us>
Or email us at feedback@ingeus.com.sg if you have any feedback on our service and/or any suggestion/s on how we can improve this newsletter.