

Career Discovery Programme

with Polaris by Ingeus Singapore



POLARIS
by Ingeus

ingeus


Discover **your career potential**

Are you looking to gain a quick insight into your career health and set your career goals?

The **Career Discovery Programme** with Polaris by Ingeus Singapore is designed to give you the tools and guidance you need to take charge of your career journey.

Duration: 2 Weeks

Cost: \$43.60 (incl. GST)* Thanks to support from Workforce Singapore.

**SkillsFuture Credit eligible (for Singaporeans only)*

What's included?

- **Personalised coaching**
2 x 1 hour sessions with a dedicated career coach
- **Self-paced learning**
6 hours of online learning modules
- **Career Discovery workbook**
Guiding you through a transformative journey of self-awareness and career discovery

Key learning outcomes



Understand your career profile

Gain clarity on your strengths, values, and motivations to help you make informed decisions.



Skills assessment and goal setting

Assess your skills, set realistic career goals, and create a tailored action plan to help you achieve them.

Programme **modules**

Module 1: Introduction & onboarding

- Meet your career coach
 - 1st session: One-to-one meeting
 - Discuss your career aspirations, ask questions and plan your timeline
- Explore the Polaris online learning portal
 - Check your login and get familiar with the platform
- Self-learning modules
 - My mindset
 - My strengths, interests, and skills
 - My values
 - My motivation

Module 2: Deepening your discovery

- Meet your career coach
 - 2nd Session: One-to-one meeting
- Career discovery workbook
 - Understand your career profile and complete a skills assessment
- Create a tailored action plan
 - Reflect on learning modules, set realistic goals and develop strategies for success



Key topics covered

Your mindset

- Understanding your current position
- What motivates you?
- Overcoming procrastination
- Emotional intelligence (EQ)
- Expanding your comfort zone
- Growth mindset and overcoming impostor syndrome

Values, interests, personality, skills (VIPS)

- Identifying transferable skills
- Distinguishing between hard and soft skills
- Strengths assessment and application

Career action plan

- Setting career goals
- Identifying development areas (upskilling, networking, experiential learning)
- Researching opportunities in various functional roles, industries, and market trends

Who are the coaches?

Coaches deliver the Polaris programme through tailored one to one sessions complementing and enhancing learning and career development.

Our coaches are:

- Experienced with over 1,000 hours of coaching
- Workforce Singapore Career Facilitation Programme accredited
- Certified in a variety of additional areas including NLP, Facilitating Career development (FCD-NCDA), ICF Coaching, DISC Certified Accredited Mediator -Singapore Mediation Centre





Is this programme right for me?

The Career Discovery programme is short and sweet giving you a quick but valuable insight into your career health and goals.

It's ideal for you if you:

- Are just starting out in your career planning journey and want to understand your skills and strengths
- Don't need much support and just want a quick evaluation to get your started
- Only have a spare few hours over a couple of weeks

Looking for something with more support? Check out our 2-month Career Health Check & Planning programme.

Why choose **this programme**?

By joining the Polaris by Ingeus programme you'll be partnering with a qualified career coach who will guide you in gaining deeper insights into yourself and your career.



Flexible delivery

Available online or face-to-face.



Expert led

Accredited coaches delivering globally crafted content



Proven success

Over 8000 Singaporeans have achieved their career goals with our support



Professional growth

Skills development for career progression



Cutting-edge platform

Interactive microlearning modules for efficient, flexible learning.



Value for money

Professional coaching for a small fee thanks to Workforce Singapore. *This programme is SkillsFuture Credit eligible (for Singaporeans only)**

***SkillsFuture Credits** were initially granted to Singaporeans aged 25 and above in 2015 with an opening credit of \$500 with an additional one-time top-up provided in 2020. To utilise Base Tier Credits for our programmes, you can visit MySkillsFuture portal, log in with Singpass, select our programme, and apply your credit balance for enrolment. Ask us about using SkillsFuture Credits today or visit <https://www.skillsfuture.gov.sg/initiatives/mid-career/credit>

About Ingeus Singapore

Since 2017 Ingeus Singapore has been empowering Singapore's workforce with our employment programmes.

Over the last 7 years we've helped more than 8,000 Singaporeans find long-term meaningful employment.

Our coaches are experts in their field, holding degrees and certifications in career coaching with specialisations ranging from MBTI to NLP and more.

We are a trusted partner of Workforce Singapore, SG Enable, SkillsFuture Singapore and Yellow Ribbon Singapore.

And, as part of the APM Group – a global human services provided, we proudly contribute to enabling better lives for more than 2 million people each year.



Click to hear from Enoch, who transformed his career with our guidance and coaching programmes.

Sign up today

For more information about the Polaris by Ingeus Singapore Career Discovery Programme and to register, visit **ingeus.com.sg/polaris** or call **+65 6202 4700**

