

Career Health Check & Planning Programme

with Polaris by Ingeus Singapore





Transform **your career**

Looking to evaluate your skills, set meaningful goals, and improve your wellbeing while planning your career growth or transition?

The **Career Health Check and Planning Programme** offers comprehensive support over two months to help you achieve your career aspirations.

Duration: 8 Weeks

Cost: \$98.10 (incl. GST)* Thanks to support from Workforce Singapore.

**SkillsFuture Credit eligible (for Singaporeans only).*

What's included?

- **Personalised coaching:** 8 x 45-min sessions with a dedicated career coach
- **Self-paced learning:** 10 hours of online learning modules
- **Career Health Check and Planning 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.



Create a tailored action plan

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



Explore career options

Gain insights into various job opportunities and industries that align with your career aspirations.



Resilience and wellbeing

Learn to build resilience, manage stress, and improve your overall wellbeing.

Programme **modules**

Week 1

Module 1: Introduction & onboarding

- Meet your career coach
 - Onboarding session to discuss your career aspirations and ask questions
 - Plan your timeline and book future coaching sessions
- Explore Polaris online learning portal
 - Check your login and get familiar with the platform

Week 2

Module 2: Understand your career profile

- Self-learning modules
 - My mindset & motivation
 - My VIPS (values, interests, personality, skills)
 - Evaluate my self-awareness

Week 3 & 4

Module 3: Explore your career options

- Self-learning modules
 - Exploring jobs & employers
 - Informational interviews
 - My personal SWOT analysis

Programme **modules**

Week 5 & 6

Module 4: Create your career action plan

- Self-learning modules
 - Setting my job and career goals
 - Developing my career action plan

Week 7

Module 5,6 & 7: Build your resilience and wellbeing

- Self-learning modules
 - Enhance your resilience
 - Focus on wellbeing
 - Managing my optimism
 - Leverage my support network

Week 8

Module 8: Shape your career direction

- Final meeting with your career coach
 - Review your plans and set future goals
 - Q&A session and post-programme survey

One-on-one meetings with your coach will be held at the beginning of each week. The final meeting will be held in week 8 to share your plan and get feedback.



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

Resilience and wellbeing

- Building resilience
- Managing stress
- Improving sleep, activity, and nutrition
- Enhancing emotional wellbeing

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 Health Check and Planning programme provides comprehensive support and a detailed action plan, so you'll be set up for long-term success.

It's ideal for you if you:

- Have a specific career transition or challenge and need support to achieve it
- You could benefit from in-depth support to define your goals and create a detailed action plan
- Can commit to a longer programme with a few hours over several weeks

Looking for something quicker? Check out our 2-week Career Discovery 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 Joey, who transformed his career with our guidance and coaching programmes.

Sign up today

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

