

Goals, Target Group, Frame	Content	Benefits
<p><b>Goals</b> You have already gathered vast experience and are wondering: Is that all? What have I achieved in my previous (professional) life? Where do I stand today? How do I want to shape my professional and personal future? At the end of this workshop, you have developed a vision for your future and set-up your first "personal projects".</p> <p><b>Target Group</b> Managers and employees at the aged 50+ who want to consciously and purposefully tackle their next years.</p> <p><b>How are we going to achieve this?</b> Teachings, group work, exchange of experience, working on your own issues and a variety of creative methods.</p> <p><b>Duration</b> 3 Days</p> <p><b>Number of Participants</b> Max. 12 per trainer</p>	<p><b>My Current Situation</b> How old do I feel, how old am I? What are my current personal resources, strengths and sources of energy? What future challenges do I face?</p> <p><b>Growing Older As Opportunity</b> How does the performance of the 50+ generation change? How to age well? Role models. Principles.</p> <p><b>Review – Appreciation Of Past Achievements</b> Guided personal reflection on the life so far: What skills, competencies and experiences have I developed?</p> <p><b>Future Orientation – Creating A Picture Of A Successful Future</b> What could my personal future look like? What is important to me? Which roles and goals do I aspire to? What do I want / need to learn? What do I want to let go of? How do I pass on knowledge and experience? How can I use my qualities in the future?</p> <p><b>Next Steps</b> What do my next steps look like? What do I want to tackle? By when? What would be suitable "personal projects"?</p> <p><b>Exchange With Other Participants</b> Exchange with people in the same phase of life offers many learning opportunities and is a core element of this training.</p>	<p>This workshop offers you the opportunity to reflect on your life and career to date and to consider new perspectives both professionally and privately.</p> <ul style="list-style-type: none"> <li>You will explore your resources, but also your limits and you will learn what "getting older as an opportunity" means.</li> <li>You will develop a picture of a successful next stage of your life and work out concrete approaches to realise your ideas.</li> <li>You will learn to consciously let go off the past and approach your future development in a targeted manner.</li> <li>You will learn how to enhance your strengths and improve your health.</li> <li>You will examine how your strengths and experience can contribute to your working environment.</li> <li>You will exchange ideas with colleagues in a similar phase of life and thus gain a variety of perspectives.</li> </ul> <p>As a company, you benefit from the increased clarity of employees who are more willing to face new challenges, having acknowledged past achievements, and developed a vision of their future.</p>