

Goals, Target Group, Frame	Content	Benefits
<p>Goals 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>Target Group Managers and employees at the aged 50+ who want to consciously and purposefully tackle their next years.</p> <p>How are we going to achieve this? Teachings, group work, exchange of experience, working on your own issues and a variety of creative methods.</p> <p>Duration 3 Days</p> <p>Number of Participants Max. 12 per trainer</p>	<p>My Current Situation 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>Growing Older As Opportunity How does the performance of the 50+ generation change? How to age well? Role models. Principles.</p> <p>Review – Appreciation Of Past Achievements Guided personal reflection on the life so far: What skills, competencies and experiences have I developed?</p> <p>Future Orientation – Creating A Picture Of A Successful Future 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>Next Steps What do my next steps look like? What do I want to tackle? By when? What would be suitable "personal projects"?</p> <p>Exchange With Other Participants 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"> You will explore your resources, but also your limits and you will learn what "getting older as an opportunity" means. You will develop a picture of a successful next stage of your life and work out concrete approaches to realise your ideas. You will learn to consciously let go off the past and approach your future development in a targeted manner. You will learn how to enhance your strengths and improve your health. You will examine how your strengths and experience can contribute to your working environment. You will exchange ideas with colleagues in a similar phase of life and thus gain a variety of perspectives. <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>