

HOW TO PLAN FOR YOUR WORK-LIFE AFTER RETIREMENT

Worrying will not help to improve any situation. It creates even more anxieties, problems and delays you from advancing to the next stage.

- Stay positive! Always think positive, remain focus and inspired! Create self-awareness, do not allow these emotions to control you and affect your ability to make good decisions for your next big step.
- Understand and manage the physical, psychological and mental changes associated with normal ageing. To cope with the changes, stay healthy, making appropriate changes and delaying the ageing processes so that you are fit to move on to a second career, or be your own boss.
- Recognise and consider all options available! You do have options. Do not limit your mind to the work you were doing in the past. List the possible options available and conduct research about the options. The options can include looking for another job in the same industry, preparing for a new second career, or be your own boss. This is an extremely important step because it will help you to stay focused and create plans for moving on.
- Update your skills! Take stock of your life skills, knowledge and experience, identify any need for new skills, especially in highly technical fields. Monitor the market conditions, and look for training opportunities available to upgrade yourself or learn new skills. Do visit

websites like Workforce Development Agency to tap on government funding support to upgrade yourself or acquire new knowledge and skills to make your job search easier.

- Prepare well for job search. Get ready and update your resume, seeking expert help in preparing your resume, if necessary.
- Invest in grooming yourself for interviews to create a positive first impression. Anticipate the possible questions likely to be asked by the interviewers and be prepared for the interviews. Visit the company website before the interviews. A little preparation goes a long way in an interview.
- Consider interim job or volunteer opportunities. These allow you to acquire new skills, knowledge, experience



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and assist you in deciding whether you would like to pursue this as your next career. These activities may help to offer some temporary financial assistance. Most importantly it helps to boost your morale and allows you to stay in touch with the labour market. Volunteer work is also a way to upgrade skills.

- Continue to build your network. Networking is the most effective way to stay relevant in the job market. Spread the word among people around you, including your family members, relatives, friends, ex-colleagues etc, that you are job hunting.
- Attend career road shows, leave your resume with employment agencies, visit job portals regularly for suitable job opportunities. You have to be realistic in your expectations in line of the new environment, your physical and mental abilities and the level of your contribution. You may not get back to the same position and have to take a step back on the career ladder, but be realistic and stay happy.

The following are some useful websites to help you on your way:

Tips on Managing Tough Times

National Council of Social Service

<http://www.ncss.org.sg//home/toughtimes.asp>

Skills Training Programme with Government

Funding Support

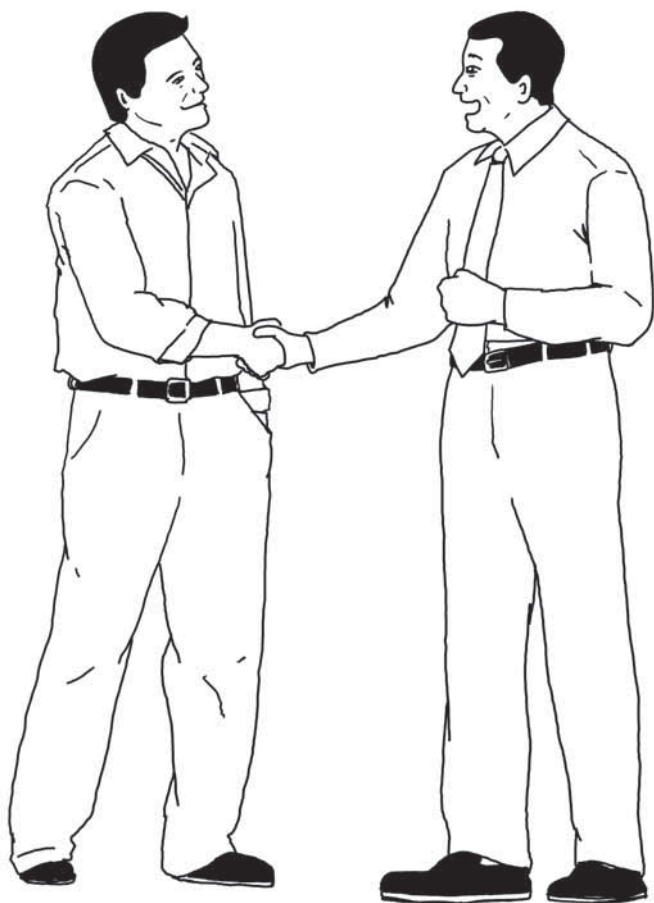
WDA

<http://app2.wda.gov.sg/web/Common/homepage.aspx>

e2i

<http://www.e2i.com.sg/>

BUILD YOUR NETWORK



Networking is the most effective way to stay relevant in the job market.

Financial, Social & Employment Facilitation

ComCare

1800 222 0000

www.ncss.org.sg/documents/AssistanceSchemes.pdf

WDA

<http://app2.wda.gov.sg/web/eventCalendar/EventList.asp>

www.socialservicejobs.org.sg

Central Singapore CDC

6370 9901, 6370 3410

www.centuralsingapore.org.sg

North East CDC

6424 4000

www.northeast.org.sg

North West CDC

6767 2288, 6463 3626

www.northwest.org.sg

South East CDC

6243 8753

www.southeast.org.sg

South West CDC

6316 1616

www.southwest.org.sg