



About

PRIORITY 45 aims to promote the upskilling and reskilling of 45+ adults to achieve a complete and resilient workforce that, through innovation, creativity and cooperation, can survive in today's globalised and volatile world. It will also promote among companies and other institutions the relevancy of establishing training plans for 45+ adults to avoid discrimination.

To achieve this, the project consortium will develop different modules in which the target group will find relevant information and strategies that will help them to improve the most important competences for today's labour market.



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Promoting employment of 45+
adults through a disruptive
training approach

PRIORITY 45 VIRTUAL COURSE

MODULES

RESILIENCE

To emphasise the importance of a 45+ adults ability to adjust to changes that occur on a regular basis in the business world, including in the structure, business needs, work processes, protocols and personal responsibilities of an individual in a company.

GROWING WITH OTHERS

To demonstrate the importance of collaboration, social skills and emotional intelligence in the workplace, with a special focus on 45+ adults, as well as fostering the understanding of concepts related to strategies of leadership and its importance to good cooperation and teamwork.

GETTING ORGANISED

To demonstrate the importance of effective time allocation, goal setting, and prioritization techniques to help individuals make the most of their time, improve productivity, reduce stress, and achieve a better work-life flow.

CRITICAL AND INNOVATIVE THINKING

To promote the development of innovative behaviours which help 45+ adults and organisations to adapt to changes and challenges of today labour market, as well as improving critical thinking in the workplace enhancing problem-solving, decision-making, innovation, collaboration, and overall team effectiveness.

LEARN TO LEARN

To promote strategies and knowledge on learning to learn and its importance in professional and personal life by fostering the learning of important skills such as language competencies, written and oral communication, ICT skills and digital literacy.

