



The course is aimed especially at adults over 45 years, focusing on the most important skills and abilities for today's labour market, contributing to a more adapted and resilient workforce.

MODULE
GROWING WITH OTHERS

- Leadership
- Communication
- Active listening
- Teamwork
- Cooperation
- Interaction with others
- Emotional intelligence
- Social skills

01

MODULE
RESILIENCE

- Flexibility
- Adaptation
- Change management

02

MODULE
GETTING ORGANISED

- Time management
- Planning and work-life flow

03

MODULE
CRITICAL AND INNOVATIVE THINKING

- Problem solving
- Creativity
- Innovation
- Critical thinking
- Proactivity & initiative

04

MODULE
LEARN TO LEARN

- Learn to learn
- Benefits of improving ICT/digital skills
- Oral and written communication
- Language skills: Benefits of learning new languages

05



T A R G E T G R O U P

- 45+ adults
- Organisations, especially SMEs
- Adult providers seeking to enhance their educational offerings
- Professional associations, research centres, regional agencies, and sectoral associations
- Stakeholders, policymakers, and decision-makers
- Adults' associations or innovation-related centres
- consultancies
- VET and HE providers

