

Career Agility & Adaptability Programme

with Polaris by Ingeus Singapore





Harness the **power of AI**

Looking to prepare for the evolving demands of the modern workplace?

The **Career Agility & Adaptability Programme** is a 2-month programme designed to help you thrive in rapidly evolving technology-driven workplaces. Gain valuable insights into AI and develop essential skills to help you stay competitive, adapt to change, and confidently shape your career path forward.

Duration: 8 Weeks

Cost: \$87.20 (incl. GST)* Thanks to support from the Skills & Workforce Development Agency (SWDA).

**SkillsFuture Credit eligible (for Singaporeans only).*

What's included?

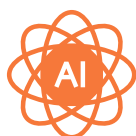
- **Personalised coaching:** 8 sessions with a dedicated career coach
- **Self-paced learning:** 10 hours of online learning modules
- **Career Agility & Adaptability workbook:** Guiding you through a transformative journey of self-awareness, career discovery and understanding the impact of AI on the workplace.

Key learning **outcomes**



Understand your skills profile

Gain a clear understanding of your strengths, areas for development and how they align with future workplace demands.



Gain insight into AI and future workplace trends

Explore the evolving role of AI and key trends shaping the modern workplace, and learn how to navigate their implications for career growth and opportunities.



Create a skills-based career action plan

Develop a personalised career action plan that focuses on developing the skills to leverage AI to advance your career and stay competitive in a rapidly changing job market.



Build resilience and adaptability

Strengthen your ability to manage change, handle uncertainty and remain resilient in the face to challenges in the workplace.



Programme **modules**

Week 1

Module 1: Introduction & Onboarding

- Meet your career coach to discuss your career aspirations and ask questions
- Explore Polaris online learning portal and get familiar with the platform

Week 2

Module 2: Exploring AI & Skills For The Future of Work

- Introduction to AI and its impact on work
- Core skills needed for a technology driven world
- Self-assessment of current strengths and skills

Week 3

Module 3: Personal SWOT & Career Goal Setting

- Personal SWOT analysis
- Exploring AI jobs and employers
- Draft initial career goals

Week 4

Module 4: Self-Management & Adaptability Skills

- Building motivation emotional resilience and stress management
- Developing adaptability in changing work environments
- Refine goals and action plan



Programme **modules**

Week 5

Module 5: Analytical & Critical Thinking Skills

- Importance of analytical and critical thinking in an AI-focused world
- Strategies for developing these skills

Week 6

Module 6: Creative Thinking & Problem-Solving Skills

- Importance of creative thinking and problem-solving skills in an AI-focused world
- Strategies for developing these skills

Week 7

Module 7: Working With People & Continuous Learning

- Importance of interpersonal and learning in an AI-focused world
- Strategies for developing these skills

Week 8

Module 8: Skills Based Career Action Plan

- Refine and finalise your skills-based career action plan
- Follow-up strategies for continuous growth

Who are the coaches?

Coaches deliver the Polaris programme through tailored one to one sessions complementing and enhancing learning and career development.

Our coaches are:

- Experienced with over 1,000 hours of coaching
- Skills & Workforce Development Agency (SWDA) Career Facilitation Programme accredited
- Certified in a variety of additional areas including MBTI, DiSC, NLP, ICF Coaching, CCSP (NCDA), and CCP (SWDA)





Is this programme right for me?

The **Career Agility & Adaptability Programme** focuses on developing skills in AI, resilience and adaptability to help you stay competitive and advance confidently in a rapidly evolving workplace.

It's ideal for you if you are:

- Preparing for future roles or considering a career transition
- Interested in AI and how technology is changing work
- Looking to develop the skills needed to leverage AI to adapt, stay agile and advance in your career
- Seeking structured support and are available for regular sessions

Have a specific career transition or challenge in mind? Check out our 2-month Career Discovery & Planning Programme.

Why choose **this programme**?

By joining the Polaris by Ingeus programme you'll be partnering with a qualified career coach who will guide you in gaining deeper insights into yourself and your career.



Flexible delivery

Available online or face-to-face.



Expert led

Accredited coaches delivering globally crafted content



Proven success

Over 10,000 Singaporeans have achieved their career goals with our support



Professional growth

Skills development for career progression



Cutting-edge platform

Interactive microlearning modules for efficient, flexible learning.



Value for money

Professional coaching for a small fee thanks to the Skills & Workforce Development Agency (SWDA). *SkillsFuture Credit eligible (for Singaporeans only)**

***SkillsFuture Credits** were initially granted to Singaporeans aged 25 and above in 2015 with an opening credit of \$500 with an additional one-time top-up provided in 2020. To utilise Base Tier Credits for our programmes, you can visit MySkillsFuture portal, log in with Singpass, select our programme, and apply your credit balance for enrolment. Ask us about using SkillsFuture Credits today or visit <https://ingeus.com.sg/career-coaching/career-guidance#sf-credits>

About Ingeus Singapore

Since 2017 Ingeus Singapore has been empowering Singapore's workforce, helping more than 10,000 Singaporeans find long-term meaningful employment.

Our coaches are experts in their field, holding degrees and certifications in career coaching with specialisations ranging from MBTI to NLP and more.

We are a trusted partner of the Skills & Workforce Development Agency (SWDA), SG Enable and Yellow Ribbon Singapore.

And, as part of the APM Group – a global human services provider, we proudly contribute to enabling better lives for more than 2 million people each year.



*Click to hear from Jamie, Riyashdeen and Steve,
who transformed their careers with our guidance and
coaching programmes.*

Sign up today

For more information about the Polaris by Ingeus Singapore Career Agility & Adaptability Programme and to register, visit **ingeus.com.sg/polaris** or call **+65 6202 4700**

