

Newsletter Content

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Our programmes are tailored with the individual in mind.

As Skills & Workforce Development Agency (SWDA) appointed Career Matching Provider, we take pride in delivering high quality services to create a positive change to the Singapore labour market and enable better lives.

We work with individuals to provide guidance, support and training. Through our coaching, workshops and training we believe everyone can find the right job and improve their life through work.

We are Ingeus.

1. Transitions and New Beginnings - *Coach Sharon Ang*

Like a pause in a musical melody, transitions offer space for reflection, re-evaluation of priorities, and preparation for a new chapter in our lives. While periods of career transition may bring uncertainty, they can also become meaningful opportunities to rediscover ourselves, reconnect with others, and reimagine what success looks like in this season of life.

It is hoped that the thoughts shared below provide some fodder for this interlude.

REFLECTIONS

Career transitions invite us to look back before moving forward. What have been the highlights of my career thus far? Which projects, teams, or accomplishments brought the greatest sense of fulfilment? Was it the purpose of the organisation that resonated with me, or the opportunity to apply the unique strengths and skillsets that I possess?

Beyond achievements, it is worth reflecting on the relationships and experiences that shaped us. Former colleagues, mentors, clients, and alumni connections often remain valuable sources of encouragement, insight, and opportunity. Rekindling these relationships through LinkedIn, industry gatherings, or even a simple coffee chat can lead to meaningful conversations and unexpected possibilities.

Many opportunities today are still created through trusted networks and referrals. Sometimes, a conversation opens more doors than countless online applications.

RE-EVALUATION OF PRIORITIES

Transitions also allow us to pause and ask: At this phase in my life, what do I truly value? Is it career advancement, meaningful work, flexibility, financial stability, work-life balance, or opportunities to contribute to society? These priorities do not need to be mutually exclusive.

For some of us, this may be a season to pivot into an adjacent industry. It's also a time where we may like to explore consultancy, freelance work, volunteering, mentoring, or project-based opportunities that allow us to continue contributing in a different capacity while gaining fresh experiences.

Equally important is staying connected to the broader environment around us. Reading widely, attending industry events, following thought leaders, and engaging in conversations around emerging trends such as AI and sustainability help us better understand where opportunities may lie and how our skills can continue to stay relevant.

PREPARATION FOR A NEW CHAPTER

Preparing for a new chapter involves personal renewal. This may include refreshing domain knowledge through short courses, webinars, newsletters, or online learning platforms. It may involve keeping up with new tools, refining one's LinkedIn profile, or even sprucing up a work wardrobe in anticipation of new opportunities.

At the same time, transitions are opportunities to replenish our emotional bank. Spend quality time with loved ones. Reconnect with hobbies and passions that matter. Explore nature, music, volunteering, or causes close to your heart. Try something you have always wanted to do but never had time for.

Every transition carries both challenge and possibility. With openness, reflection, and intentional preparation, new beginnings can become not just the next chapter of our careers, but a transition to a richer and more meaningful phase of our lives.

Connect with Coach Sharon.



Testimonials From Satisfied Clients Who Benefitted From Our Programme



Mandy with Goh Swee Siong



Vicky Tan

“Mandy demonstrated professionalism and dedication from the outset. She guided me through five essential refresher modules covering networking, interview techniques, and the effective use of social media, including leveraging AI tools.

Initially, I was uncertain about how much value a coach could provide. However, I am now fully convinced that Mandy’s guidance and commitment played a significant role in helping me perform well in my interviews, ultimately leading to a job offer.”
- Goh Swee Siong

“After being retrenched, I thought I had to wait for a role that matched my former Managing Director title. With guidance from my Ingeus coach, Mandy Fang, I accepted a role outside my comfort zone—one that kept me moving, connected, and visible. It taught me that your value travels with you regardless of title. My advice: don’t wait—keep moving and find a coach who tells you the truth with care.” - Rosalia da Garcia



Rosalia

“I had a great experience working with Mandy Fang from Ingeus as my career coach. She helped me strengthen my resume and provided practical guidance tailored to my strengths. With her support, I was able to secure a role that matches my skill set. I'm grateful for her encouragement and would highly recommend her to anyone seeking career guidance.” - Vicky Tan

2. Career Accelerator Workshops - *Applicable for Ingeus Registered Clients Only*



Success is built on readiness and opportunity. At Ingeus, our Career Accelerator workshops prepare clients with essential knowledge and practical techniques in job search strategies, résumé writing, interview skills, LinkedIn and networking, and crafting an effective elevator pitch. These are not just short-term tools, they are skills that remain relevant and valuable for years to come, helping clients face future challenges with confidence and purpose.

- Coach Seow Fen



Module 1 Job Search Mastery

- Identify industries/job hotspots in seconds using modern online tools and information
- Techniques to get noticed by headhunters and generate more interview opportunities
- Beat the ATS and also save precious hours scrolling through pages of job listings

Module 2 Resume & Cover Letter Preparation

- Know what is required for CVs today
- Create a CV that appeals to employers by focusing on your value proposition
- Prepare an effective and personalised cover letter

Module 3 Successful Interview Techniques

- Interview coaching using proven techniques
- Overcome tough interview questions effectively
- How to prepare before you go for the interview

Module 4 Build Personal Branding on LinkedIn

- Develop an online personal branding statement that differentiates you from others
- Learn how to apply it to develop a powerful LinkedIn account that gets the attention of recruiters
- Understand your core competencies and leverage on your unique set of skills and experience

Module 5 Networking & Elevator Pitch

- Learn techniques and tips to overcoming barriers to networking and network with ease
- Discover ways to find networking opportunity and follow up meaningfully
- Develop and deliver your elevator pitch for networking or when you meet with employers

Career Accelerator Timetables

July - September 2026

		July	August	September
MODULE 1 Job Search Mastery Mondays 1pm - 3.30pm	Week 1	06/07/2026	03/08/2026	NIL
	Week 2	13/07/2026	10/08/2026	07/09/2026
	Week 3	NIL	17/08/2026	14/09/2026
	Week 4	27/07/2026	NIL	21/09/2026
MODULE 2 Resume & Cover Letter Preparation Tuesdays 1pm - 4pm	Week 1	07/07/2026	04/08/2026	NIL
	Week 2	14/07/2026	11/08/2026	08/09/2026
	Week 3	NIL	18/08/2026	22/09/2026
	Week 4	28/07/2026	NIL	29/09/2026
MODULE 3 Successful Interview Techniques Wednesdays 1pm - 4pm	Week 1	08/07/2026	05/08/2026	NIL
	Week 2	15/07/2026	12/08/2026	09/09/2026
	Week 3	NIL	19/08/2026	16/09/2026
	Week 4	29/07/2026	NIL	23/09/2026
MODULE 4 Build Personal Branding on LinkedIn Thursdays 1pm - 3pm	Week 1	09/07/2026	06/08/2026	NIL
	Week 2	16/07/2026	13/08/2026	10/09/2026
	Week 3	NIL	20/08/2026	17/09/2026
	Week 4	30/07/2026	NIL	24/09/2026
MODULE 5 Networking & Elevator Pitch Fridays 1pm - 4.30pm	Week 1	10/07/2026	07/08/2026	NIL
	Week 2	17/07/2026	14/08/2026	11/09/2026
	Week 3	NIL	NIL	18/09/2026
	Week 4	31/07/2026	31/08/2026	25/09/2026

Applicable for Ingeus Registered Clients Only.

Clients who wish to register for the workshops are kindly advised to contact their coaches.

3. NCS Recruitment Drive

The NCS Recruitment Drive on 28 April 2026 was a lively and impactful event that connected job seekers with one of Singapore's leading technology employers. Attendees had the chance to meet NCS representatives, explore career opportunities, and even progress to the first round of assessments, which included a technical competency test conducted at NCS's office.

With more than 100 open positions available, NCS showcased a wide range of opportunities across different projects in both the public and private sectors. Roles highlighted included IT Support Engineer and Network Engineer, reflecting the company's commitment to building a strong workforce to support Singapore's digital transformation journey.

Adding another layer of support, Coach Edward and Coach Serene from Ingeus were present at the Ingeus booth. They provided guidance to members of the public, helping them prepare more effectively for their job search journey. Their advice and encouragement gave attendees practical tools to boost confidence and readiness, ensuring the event was not only about job opportunities but also about empowering individuals to succeed in their career paths.

If you missed the NCS Recruitment Drive, speak with your coach to learn about upcoming events and how to prepare for future opportunities.

- Coach Edward



Coach Serene at Ingeus booth

4. Resources For Your Personal Journey

Discover Your Career Fit with MySkillsFuture

Your career journey begins with self-understanding. The MySkillsFuture portal offers free assessments to uncover your interests, measure your skills confidence, and identify the values that matter most at work.

These quick assessments give you a clear profile to guide career choices, highlight growth areas, and align your strengths with future opportunities. Take a few minutes today to discover your fit and take charge of your career.

The first step to learning is understanding yourself

1. Career Interests
2. Skills Confidence
3. Work Values

Scan or click the QR code to take the assessment. Please note that you will need to log in using your SingPass account.



SWDA Events & Activities



CareersHorizon



CareersCompass

Scan or click the QR codes to access CareersHorizon and CareersCompass.

Survey

We appreciate your feedback

Do look out for our survey link which will be emailed to you and help to complete the survey. Thank you!

You can also contact us at: <https://ingeus.com.sg/contact-us>