

Quotes from Alumni

“A very informative course; I would advise others to attend”
(Pre-redundancy, Manchester)

“...Made me start to plan ahead”
(Pre-retirement, Cheshire)

“I now feel far more positive regarding my retirement plans and actions required.” (Pre-retirement, Cheshire)

“Lots of ideas and possibilities to consider” (Pre-redundancy, Manchester)

“I wish I'd done this earlier”
(Pre-retirement, Cheshire)



*A relaxed informal atmosphere helps discussion. Manchester
May 2008 Redundancy Course*

Not seen what you are looking for:

We welcome discussion on the development of bespoke courses for different groups.

Want to Know More?

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Centre for Adult Life Change

Helping Mature People
Face New Challenges



We Help Companies & Individuals Face the Future. C.A.L.C Workshops can bring Hope and Fulfilment to People Experiencing Life Changing Challenges such as:

- **Restructuring**
- **Redundancy**
- **Retirement**
- **Re-Employment**
- **Starting Up**

CALC

The Centre for Adult Life Change, was formed specifically to help older people to deal with employment changes affecting their lives and families. CALC offers two-day or one-day courses, centring on facilitated discussion around current circumstances and individual aspirations.

CALC advisors have themselves "been round the block". Their unique guidance method involves listening to clients, helping them to work out for themselves what they want to do – and how to go about it. All courses offer essential information but concentrate on the discussion of key issues, in small groups with one-to-one sessions when time permits.

Personnel Departments

We provide independent help and advice to employees who face redundancy or retirement. Independent help and advice is frequently difficult for companies to provide. CALC's function is not to question the process or procedures of redundancy but to help those affected to come to terms with what is a life changing event.

Helping Individuals

There are certain events and times in one's life when it pays to "take stock". It's often helpful to have others who can act as a sounding board to help you think through these moments.

The CALC courses are usually attended by 8-15 similarly situated individuals. The courses provide opportunities to support and help each other, and to make new friends.

A Brief Outline of Some of the Courses We Offer

Pre-retirement Course (1 or 2 Days)

Retirement raises many questions: Be guided to consider your individual aspirations. How to use your skills to enjoy and profit in retirement. Explore issues such as filling your time, impact on family, Health and Do you really want to retire?

Redundancy (2 days) Using your Knowledge to help you in the hunt for a new Career. Identify transferable skills and explore potential new opportunities.

Self Employment & Starting a Small Business (2 Days) Consider the pros and cons of 'going solo' from your own definition of success. Explore opportunities, a chance for some action Planning for those who wish to take their ideas further.

Mature Career/Lifestyle Audit (1 Day)

Ask yourself "Where am I now?" and take an introspective look at what empowers you and what impedes you. Evaluate which dreams are within your control and plan for the future.