



LIFEED

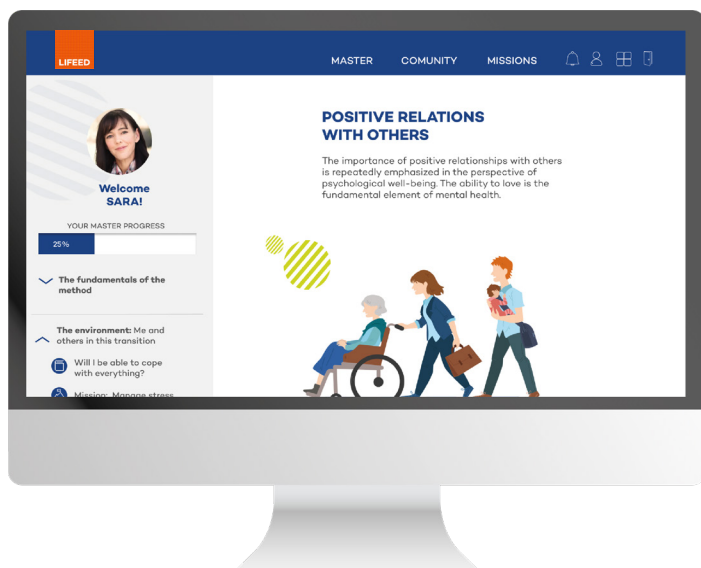
CAREGIVERS

We learn through caring. Family caregiving - whether it's for elderly, ill or dependent relatives - is a training ground for soft skills. This program showcases how this experience helps to grow, manage stress and complexity more effectively. It's also about knowing caregivers are not alone.

Caregivers make up around 39% of the working population. Nearly half of them care for an elderly parent, often when they are still looking after their own children at home. They are often referred to as the Sandwich Generation.

The Lifeed Caregivers program offers people a space to reflect and become aware of the growth path that they are on.

It harnesses the skills developed through caring experiences and applies them at work. It highlights available resources, increase wellbeing, and enhance company's competitive advance.



WHO IT'S FOR



Employees who care for a dependent relative.

HOW IT WORKS



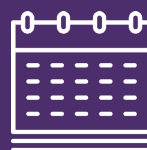
An online program via a dedicated web app with practical application though day-to-day life.

WHEN



We advise dedicating 30 minutes a week.

HOW LONG IT TAKES



The program lasts for a period of 3 months. It is available for 12 months after registration.

WHAT THE LIFEED CAREGIVERS PROGRAM OFFERS

TRAINING MODULES

Micro-learning modules with reading materials, media, self-assessments and open-ended questions that stimulate reflection and self-narration. They connect learnings with personal experiences and suggests how to apply them to the workplace (and vice versa).

REAL LIFE MISSIONS

An opportunity to apply learnings to real life situations, both at home and at work. Participants reflect on their behaviours and become more aware of skills and their improvements, thanks to the Life Based Learning method.

INTERACTIVE WEBINARS

A chance to dig deeper into key themes, discussing with trainers and participants from other companies. These sessions give the training experience a rhythm and build momentum.

HUB

A space to share thoughts, experiences and advice about family care experiences. It's a space to connect with caregivers from other companies and stop them feeling isolated.

DIARY AND FINAL CERTIFICATE

Participants download a PDF diary, a keepsake of personal reflections drawn together throughout the program. They also receive an attendance certificate.

LIFE BASED LEARNING

Harnessing the power of life transitions for soft skills learning

Each life transition holds an extraordinary learning potential. The Life Based Learning method activates it. It improves key skills by up to 35%, lower stress levels (90% of participants feel "stronger") and unlock hidden talents. People feel like they can bring their whole selves to work; it increases their motivation and engagement.

SOFT SKILLS TRAINED THROUGH LIFEED CAREGIVERS



RELATIONSHIPS WITH OTHERS AND THE ENVIRONMENT

Stress management

Risk and error management

Decision making

Empathy

Delegation

Alliance creation

Knowing how to search and find resources

Observation skills



PERSONAL DEVELOPMENT

Change management

Flexibility and mental agility

Knowing how to give and receive feedback

Attentiveness

Patience and perseverance



SELF-DIRECTION

Self-awareness

Initiative

Results orientation

Vision



Available in the following languages:

English

Italian



Accessible from every type of device and operating system.



In line with the latest privacy regulations, participants' data is used anonymously for research and reporting purposes.

For further information, contact us on
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