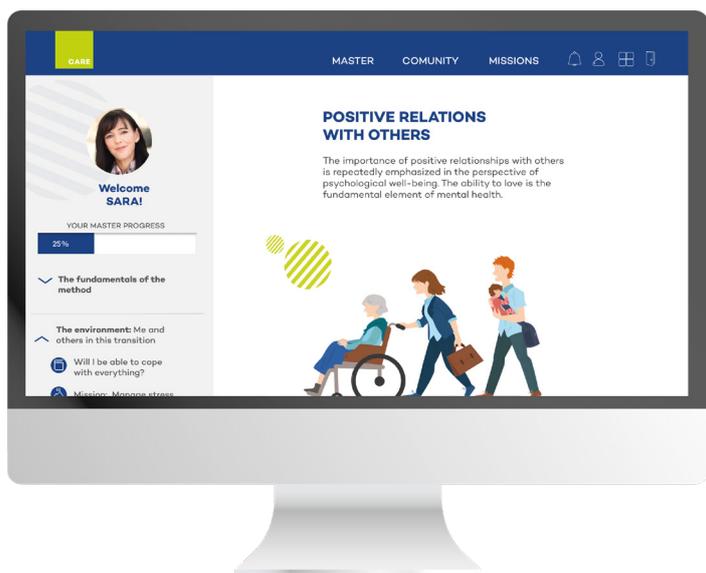


CARE

The new program that's dedicated to working caregivers that look after elderly, ill or dependent relatives. It's designed to showcase how this experience helps you to grow, manage stress and complexity more effectively as well as improving key skills. It's also about knowing that you're not in this 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.

The **care program** allows us to harness the skills developed through the care experience and apply them at work. It highlights available resources, increasing wellbeing and enhancing the company's competitive advantage.



WHO IT'S FOR



All employees that care for a dependent relative.

HOW IT WORKS



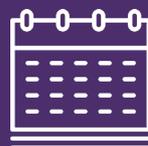
An online program via a dedicated web app with practical application through day-to-day life.

WHEN



We advise dedicating 30 minutes a week to the program.

HOW LONG IT TAKES



Available for 12 months from the registration date.

WHAT THE CARE MASTER OFFERS

TRAINING MODULES

Lessons built into micro-learning modules and open questions that make space for personal reflection. It's a way of linking your learnings from personal experiences and applying them in the workplace (and vice versa).

REAL LIFE MISSIONS

An opportunity to sense check learnings against everyday life, at work and at home. We look at the behaviors, reflection and awareness that emerges through the training program, in line with the Life Based Learning method.

WEBINAR

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 personal care experiences. It's a space to make connections with participants from other companies and stop participants feeling isolated.

DIARY AND FINAL CERTIFICATE

The PDF diary is a keepsake of personal reflections drawn together throughout the program. Participants can also download the attendance certificate.

LIFE BASED LEARNING

Transforms life experiences into a training ground for soft skills

Life experiences, such as parenthood or caregiving, offer an extraordinary learning potential. **Life Based Learning** activates this, improving key skills by up to **35%**, lightening the load (**90%** of participants feel "stronger") and revealing talents that are often hidden.

People feel like they can bring their whole selves to work, which increases participant motivation and engagement.

SKILLS TRAINED THROUGH THE CARE PROGRAM



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:

● Italian

● English



Available to use on every device and operating system.



In line with the latest privacy policies, participant data is used anonymously for research and reporting purposes.

For further information, contact us on
contact@lifebasedvalue.com