

Come chat with us

 go.gov.sg/wsgcareerguidance

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 Lifelong Learning Institute
11 Eunos Road 8, #02-02, Singapore 408601
Nearest MRT: Paya Lebar

Our Tampines Hub
1 Tampines Walk, #01-21, Singapore 528523
Nearest MRT: Tampines

Woodlands Civic Centre
900 South Woodlands Drive, #04-07, Singapore 730900
Nearest MRT: Woodlands



visit us online

 Monday – Friday: 9am – 5pm
Saturday: 9am – 1pm

Closed on Sunday and Public Holidays.

Career Recharger

Stay motivated through your job search with effective coping strategies guided by our certified professionals.

Our suite of CARE360 services is here to support you at any stage of your career journey.



WHAT IS CAREER RECHARGER?

As part of the CARE360 suite of services, this programme helps you to understand and overcome your stressors using effective coping strategies, guided by our certified professionals. It takes about **2 months**, depending on your progress.



1 KNOW YOUR STRESSORS

Reflect on your job search journey to understand your emotional triggers and how it causes stress.

2 IDENTIFY PERSONAL EFFECTIVENESS STRATEGIES

Equip yourself with personal coping strategies and techniques to better manage your emotions and stay motivated.

3 CRAFT AN ACTION PLAN

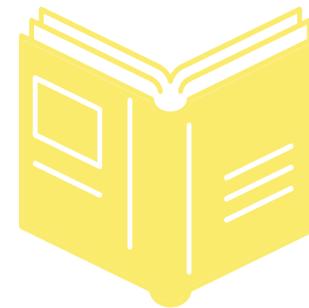
Develop a concrete plan focused on the next steps of your job search.

WHAT CAN I ACCOMPLISH?

- Achieve positive mind frame to tackle potential obstacles in your job search.
- Stay focused in your job search with a guided action plan.
- Learn strategies to avoid burn-out during this period.



WHAT DO OUR JOBSEEKERS SAY ABOUT CAREER RECHARGER?



“ The concern, support and guidance throughout the programme really helped me through one of the lowest moments of my life. I really appreciate the help. ”

“ The sessions taught me to accept my emotions, and better handle situations. ”

It can be stressful during a job search. Stay motivated with Career Recharger!

