

Invest in Yourself

A Services SETA accredited financial wellness training provider



Surviving retrenchment I am in Control

The current economic climate is likely to see more retrenchments in the forthcoming years. Being retrenched is emotionally challenging. The prospect of being unemployed and unable to maintain your standard of living can be very stressful. We have designed a course to equip you with a growth mindset to ensure that you see this as an opportunity to survive and thrive.


















EMPOWER YOURSELF THROUGH KNOWLEDGE

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Course - Surviving retrenchment

Course content

-  The psychology of retrenchment
-  A case study
-  Fixed versus growth mindset
-  How you can change from a fixed mindset to a growth mindset
-  What is in your toolkit
-  Your strengths
-  Your interests
-  Your core values
-  Your experiences
-  The world of work
-  World of opportunities
-  Using my toolkit to unlock opportunities
-  Action plan/The power of networking
-  Goals and time lines
-  Survive and thrive

Invest in Yourself

Invest in Yourself is a BEE (Level 1) Training Provider, focussed on empowering others through financial literacy education and training solutions. We believe that financially empowered people are the driving force behind our country's economy.

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