



# Helping over 50s put plans in place for a positive future.

## Mid-Career Review Webinars



Mid-Career Review webinars offer an opportunity for individuals aged 50+ who are in work or seeking work to reflect and take a fresh look at inter-related areas of their life, helping them make and put plans in place for a positive future.

These **free** webinars, which last around one hour, provide an overview of four key areas: Job/Career; Health and Wellbeing; Finance; and Work-Life Balance, and aim to help attendees feel informed and confident about choices that will impact their future.

### **Benefits of attending a Mid-Career Review webinar include:**

- Opportunity to reflect and consider wants and needs for the future
- Become more informed on where to seek guidance on relevant topics
- Develops resilience to deal with personal and professional challenges
- Helps to improve health and wellbeing
- Enhances confidence to focus on plans and make changes

Click [here](#) to find out more and register for an upcoming Mid-Career Review webinar, or email Anna Nash, Age at Work Programme Support Officer at [anna.nash@bitc.org.uk](mailto:anna.nash@bitc.org.uk).

Mid-Career Review webinars are part of the **Age at Work programme**, delivered by Business in the Community in partnership with Age Cymru, which supports people over 50 to remain in or return to work.