

# Course : Seniors in the workplace: enhancing and passing on experience

*Practical course - 2d - 14h00 - Ref. NOE*

*Price : 1370 € E.T.*



4,8 / 5

Passing on knowledge from generation to generation is as important for the company as it is for the employee concerned. This training course will help you define your professional and personal priorities with a view to enhancing and passing on your experience. It will help you make the most of this transition period.



## Teaching objectives

At the end of the training, the participant will be able to:

- ✓ Redefining professional and personal priorities
- ✓ Optimize your energy and gain harmony
- ✓ Learning to value and pass on one's own experience

## Intended audience

Anyone wishing to breathe new life into their career.

## Prerequisites

No special knowledge required.

## Practical details

### Exercise

Active, participative teaching: concrete examples, demonstrations and experience-sharing, role-playing, quizzes.

## Course schedule

### PARTICIPANTS

Anyone wishing to breathe new life into their career.

### PREREQUISITES

No special knowledge required.

### TRAINER QUALIFICATIONS

The experts leading the training are specialists in the covered subjects. They have been approved by our instructional teams for both their professional knowledge and their teaching ability, for each course they teach. They have at least five to ten years of experience in their field and hold (or have held) decision-making positions in companies.

### ASSESSMENT TERMS

The trainer evaluates each participant's academic progress throughout the training using multiple choice, scenarios, hands-on work and more.

Participants also complete a placement test before and after the course to measure the skills they've developed.

### TEACHING AIDS AND TECHNICAL RESOURCES

- The main teaching aids and instructional methods used in the training are audiovisual aids, documentation and course material, hands-on application exercises and corrected exercises for practical training courses, case studies and coverage of real cases for training seminars.
- At the end of each course or seminar, ORSYS provides participants with a course evaluation questionnaire that is analysed by our instructional teams.
- A check-in sheet for each half-day of attendance is provided at the end of the training, along with a course completion certificate if the trainee attended the entire session.

## 1 Recognize and develop your strengths

- Identify personal resources: expertise, skills, networks.
- Combating doubts and beliefs about seniors.
- Reflect on the evolution of work-related motivations and values.
- Build a personal marketing strategy: develop your visibility.
- Take stock of current and future activities.

### Hands-on work

Grids for analyzing personal resources, motivations and values at work.  
Identify your needs and define your projects.

## 2 Cooperating intelligently with other generations

- Understand the behavior of different generations: Y, X, senior.
- Laying the foundations for harmonious relations between the three generations.
- Know how to communicate and cooperate, whatever the generation.

### Hands-on work

Collective reflection on the expectations and needs of different generations.

## 3 Optimize your energy and gain harmony

- Know your energy sources and the factors that reduce your vitality.
- Take care of your intellectual capital: concentration, memorization.
- Managing your health: diet, cultural and sporting activities.
- Structure your time: optimize your personal organization.

### Hands-on work

Test your energy sources and lifestyle practices.

## 4 Practice knowledge management and pass on experience

- Know the different ways of transmitting knowledge.
- Identify the roles and missions of the various players: trainers, tutors, coaches, mentors.
- Structuring the knowledge to be imparted: the course and teaching methods.
- Use collaborative management tools.

### Hands-on work

As part of a group, each participant passes on a personal know-how.

## 5 Taking charge of your departure

- Anticipate your departure and prepare an action plan: stages, objectives.
- Managing transition: turning over a new leaf, identifying strengths and resistance to change.
- Make a fresh start towards a new balance: relationships, activities.

### Hands-on work

Define your personal project and build your action plan.

### TERMS AND DEADLINES

Registration must be completed 24 hours before the start of the training.

### ACCESSIBILITY FOR PEOPLE WITH DISABILITIES

Do you need special accessibility accommodations? Contact Mrs. Fosse, Disability Manager, at psh-accueil@orsys.fr to review your request and its feasibility.

2026 : 19 Mar., 25 June, 21 Sep.

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