

We can help you to build a more age-inclusive workplace

No matter where you are on the age-inclusion journey, our workshops can support your organisation.

Whether you are just getting started or have specific needs in mind, we have extensive experience of working with over 200 Scottish organisations across the full spectrum of age in the workplace.

Our workshops have impacted over 6,500 employees and 98% of participants would recommend them to colleagues. Please get in touch for more information or use the links below to visit our website.



HOW WE CAN HELP

AGE INCLUSION

If you are getting started on the age-inclusion journey and would like a more holistic approach or guided support.

LATER LIFE PLANNING

If you would like to support your employees in preparing for the future with our popular pre-retirement planning workshop.

HEALTH & WELLBEING

If you are looking at age-related health & wellbeing issues that affect your employees.

OUR WORKSHOPS (CURRENTLY ALL VIRTUAL)

Age Inclusive Matrix (AIM)

Professional HR consultation and support via our two programmes; AIM Getting Started and AIM Into Action.

Age Inclusion for People Managers

This workshop increases awareness of ageism and the benefits of multigenerational teams.

Unconscious Bias

An interactive and immersive session that challenges our own personal biases and how they affect workplace relations.

Planning For Your Future

An informative session giving access to financial advisers, solicitors and health & wellbeing professionals.

Sessions include money matters & tax, legal issues, health & wellbeing and ways to spend your time in retirement including volunteering and hobbies.

Open PFYF workshops

Perfect for employers who would like to book a small amount of participants into a Planning For Your Future workshop.

Dementia Awareness

Increasing awareness of dementia and how to better support a colleague or customer living with dementia or caring for someone living with dementia.

These workshops can be tailored to suit organisational needs and are CPD accredited.

Functional Fitness MOT

A personal fitness & wellbeing review based on everyday functional tasks that can help people over 50 stay fitter in work and later life.