



sustainable **employability**



120 MIN | 3-9 

1st Start

 5 min



READ ALOUD: How do you stay well, healthy and happy at work? How do you make sure you use your talents to the fullest? How do you see your future?

It is important to reflect on these kind of questions every now and then. This enhances your sustainable employability. That's what you will discuss today, this KrsKrt® (pron. 'CourseCard') shows the way.

Who will be the Timekeeper? Keep track of total time (2 hours) and the time per question.



 TAKE NOTES

Who will be the Questioner?

Keep asking questions where others stop.



AND WHAT IS SAID HERE, STAYS HERE

2^{/9} Introducing

 15 min

Name or
Initials

What did you want to become
when you were **little**?

What do you do **now**?

And what do you want to
become when you are **older**?



INTRODUCE YOURSELVES TO EACH OTHER

3^{/9} Inspiration

 15 min

Scan the code or go to WWW.KRSKRT.COM/SE to watch the video about sustainable employability together.



What message do you take away from the video for **yourself**?

What message do you take away from the video for your **organization**?

4^{/9} Ideal role

 **20 min**

 **QUESTIONER: KEEP QUESTIONING!**

<i>Name or Initials</i>	For what role do they have to ask you, if it presents itself?	What are the two aspects that appeal most to you in this role?	
		Aspect 1	Aspect 2

5^{/9} Turning point

 10 min

You are halfway there! Please read the questions below first and then take a break if time permits.

Look back: What do you appreciate in the first half of your conversation?

Look forward: What do you agree upon to finish the second half?

 REDISTRIBUTE THE ROLES OF TIMEKEEPER AND QUESTIONER, IF NECESSARY



6^{1/9} Developments

 20 min

Work and organizations are constantly changing. All these changes make it increasingly important to also look at your own development. That is why you must ensure that you are and can remain competent, healthy and motivated at work.

Which of these three developments do you have to deal with in your work?

A **Technology** is developing very quickly. As a result, organizations are performing increasingly better and work is constantly changing.

Tally all players:

B We live longer and longer and so we continue to work at an increasing **age**.

Tally all players:

C Work is increasingly **flexible**: from functions to roles, less permanent and more temporary contracts, more freelancers and self-employed persons.

Tally all players:

How do you respond to each development? Share examples with each other!

7/9 Developing

 15 min

 QUESTIONER: KEEP QUESTIONING!

Name or
Initials

What do you want to **develop now** allowing you to go to work with a smile in the future?

What can you do **tomorrow** to make a start in that direction?

8/9 Concluding

FOR EXAMPLE:

- ✓ SOMEONE AT THIS TABLE
- ✓ MANAGER

- ✓ COLLEAGUE
- ✓ CAREER ADVISOR/HR
- ✓ WORKS COUNCIL

- ✓ NETWORK
- ✓ PARTNER/HOME
- ✓ 'THE MIRROR'

 15 min

Name or
Initials

What will be **your first step**?

And **with whom** will you discuss this further?

9/9 End point

 5 min

You did it, you have reached the final questions!

Look back: How did you experience this conversation?

Look forward: What is the best way to continue this conversation?

 WHO WOULD YOU RECOMMEND THIS KRSKRT?

This KrsKrt® facilitates your conversation. Play the printed version (**print&play**) or digital (**project&play**).
No need for a facilitator or manual, ideal on a large scale. More information? Go to KRSKRT.COM/CHECK.

This KrsKrt® is a co-creation of the Ministry of Social Affairs, Philips, University of Amsterdam, Factor Vijf and De Koers.