

MOVIS

A SUCCESSFUL START TO YOUR CAREER

# Apprentices & Young Adults



for work and life

# Our Services



## MOVIS COUNSELLING

### Counselling for apprentices and young adults

- Requirements and expectations in the world of work
- Issues specific to different phases of life
- Information on everyday issues (finance, budgeting, housing)

### Manager consultation for vocational trainers and line managers

- For difficult issues regarding apprenticeship and career-entry
- Dealing with challenges faced by apprentices and young adults in different phases of life



## MOVIS TRAINING

### Presentations and seminars

- Challenges in apprenticeship
- Mental health for apprentices and young adults
- Finance and budgeting



## MOVIS COACHING

### 4YoungProfessionals: apprentices and young adults

- Making the transition to working life
- For professional, academic, and personal challenges

### 4Leadership: Vocational trainers and managers

- Developing skills to deal with challenging situations
- Reflecting on and adapting one's own leadership skills

## BENEFICIAL

# Your Benefits

### Healthy Employees

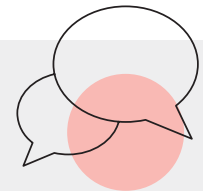
- Motivated apprentices
- Confident career-starters
- Competent next-generation employees

### Healthy Working Environment

- Successful collaboration across different generations
- Promoting diversity
- Valuing different skills

### Healthy Company

- Long-term employee retention
- Solution to the shortage of skilled workers
- Promoting and using job-specific knowledge



# Any Questions?

Please feel free to contact us for further information:

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# Movis promotes the healthy and positive organisation of working and living environments.

Movis is a specialised counselling firm with decades of expertise in occupational health management. With our wide range of services, we support companies, management, HR and employees in the areas of prevention, early detection and integration.



## Prevention

Strengthen health through preparedness



## Early detection

Identify and avoid psychosocial risks, activate resources



## Integration

Early intervention, avoid disability



The transition to working life is a key moment for young people. The experience gained during apprenticeship and when starting a career is crucial in building up resources such as self-esteem, self-efficacy, and resilience.

As such, it's crucial to promote the healthy development of apprentices and young adults and to deal with any challenges at an early stage.