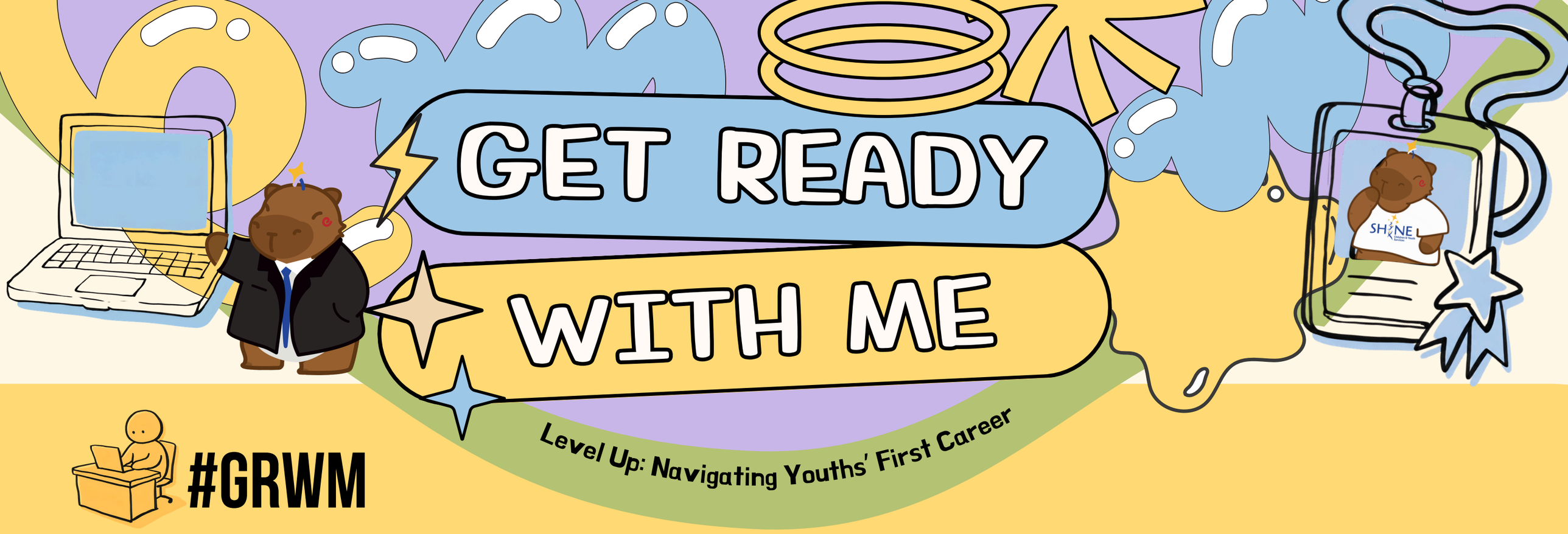

An outreach and early-support programme for young people new to the workforce. It aims to help them:

- Gain perspectives on navigating the workplace
- Develop practical handles to manage workplace challenges
- Access guidance and support during this transition
- Maintain their mental wellbeing as they begin their working lives

1 Pre-Graduation

Getting ready for the working world



Interactive talks and workshops to support graduating students as they build confidence, manage stress and prepare for the workplace.

2 Early Employment

Navigating the transition from school to first careers



1-to-1 and group support for youths in their first two years of employment to navigate workplace challenges, build resilience and strengthen wellbeing.

WHO CAN BENEFIT?

Singapore Citizens & PRs aged 18–34 who are:

- Preparing to enter the workforce, including graduating students and NSF completers
- New to the workforce, with less than 2 years of employment experience

Open to all employment types, including full-time, part-time and freelance

DURATION

1 October 2026 – 30 September 2027

COST

$0 No cost to participating institutions or young people

Support your students and young employees early working lives with tools and handles to thrive!



Get connected with us at grwm@shine.org.sg

WHAT DOES ENGAGEMENT LOOK LIKE?

Explore Our Youth Outreach Topics

- Managing stress and burnout
- Navigating workplace transitions and relationships
- Developing confidence and identity at work
- Finding a good fit in the workplace

Flexible ways to engage

- In-person
  - At SHINE service points/ partner venues, including schools and corporate premises.
- Online
  - Via Zoom or Microsoft Teams.

Keen to host GRwM at your space?

We'll need:

- A cosy room for around 20 participants
- Projector / screen
- Suitable seating
- Basic logistical support

Organised by: SHINE Children & Youth Services

SHINE Children and Youth Services is a registered charity and NCSS member committed to empowering children, youth and families in Singapore since 1976.

Supported by: MCCY Ministry of Culture, Community and Youth

Part of: SG Youth Plan

MCCY, through the SG Youth Plan, supports young Singaporeans to become Confident, Connected, and Contributing citizens.