



Do you wish that you work in a work-life friendly company?

Do you wonder how you can return to work after taking a career break to care for your child?



Proudly brought to you by NTUC and its Social Enterprises



How does NTUC support young families?



Get your workplace to be work-life friendly

Some companies in Singapore have implemented different flexible work arrangements (FWAs) such as



Flexi-Time



Flexi-Place



Flexi-Load

You can check with your employer if these are available to you. If not, here's a quick guide on how you can approach your employer to request for FWAs.



STEP ONE

Work out your company's and your needs



STEP TWO

Communicate your commitment



STEP THREE

Get support for your company

Connect your employer with NTUC for support to put in place FWAs



STEP FOUR

Plan regular reviews with your supervisor

Return to work after a career break

You can join the Returners Programme to help plan your return to work, if you meet these criteria:

- ✿ Singaporean aged 30 years and above
- ✿ Have a Diploma/Degree or previously in a PMET role
- ✿ Have voluntarily stayed out of workforce for 2 years or longer

What are the steps you can take under the Returners Programme?

1

Join the **Returners Preparatory Training** to enhance your networking and interview skills

2

Participate in **networking sessions** with potential employers

3

Upgrade your skills through **workshops and industry talks**

4

Search for **returner-friendly vacancies and Returner Work Trials** on the U Family FindSGJobs career portal



More support for you and your family

As an NTUC member, you can get more support in the areas of workplace protection, placement, career progression and privileges.

Together with our Social Enterprises and NTUC Club, we can take care of your family's needs in areas like health and eldercare, childcare, daily essentials, cooked food, financial services and family fun experiences.

To find out more about our programmes or if you need any workplace-related advice, connect with us in the following ways:

🌐 ufamily.org.sg

📘 /NTUCUFamily

✉ ufamily@ntuc.org.sg