



**Nikola Kristek**

Expertis Praha spol. s  
r.o.

**Institution/project**

Third Career/Expertis Praha spol. s r.o.

**Short description of the institution/project**

The development partnership Third Career is aimed at supporting lifelong education and improving the conditions in the labour market for the target group of "50+" people in the Central Bohemian region.

**Short biographical note**

Nikola Kristek is professionally involved in international sport movement. Next to this expertise he is interested in innovative educational projects, involving schools, muzea and enterprisers. As such, he is a leader of the team preparing the vitalization course for 50+ middle managers and the project manager of the work-life balance programmes.

**Address**

Nikola Kristek  
Project manager  
Expertis Praha spol. s r.o.  
Kafkova 16  
16000 Praha  
Czech Republic

Telephone: +420 224 315 616

Fax: +420 233 324 688

E-Mail: nikola.kristek@expertis.cz

## Third Career – specially designed training course for 50+ managers

Nikola Kristek, Expertis Praha spol. s r.o.

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The module consists of 4 parts, which aim at following:

- inspire participants in how and when to do the intervention
  - propose to the participants the way how to design a course for specific target groups
  - consult the content of prepared program Third Career
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- € What people think about 50+ managers and what 50+ managers think about themselves?  
presentation of research findings
  - ≠ What to take into account to prepare a good revitalization program for them?  
small group work, moderated discussion
  - ∠ How did we set up the Third Career course?  
presentation of methodology
  - ∇ What else can we do for 50+ managers and what they can do for themselves?  
discussion on the proposals