



Are you an older job seeker?

Work45+ is a one-stop information hub with tips for you from job seekers aged over 45 and employers who appreciate your strengths.

Know your value

Research shows older workers are:

- » productive
- » loyal
- » safety conscious.

Know your rights

Age discrimination is unlawful:

- » Employers must not discriminate against a job seeker because of their age.
- » You don't have to tell an employer or recruiter how old you are.

Build your skills and confidence

Work45+ is friendly and positive. Its information and links will help you find the support you need to:

- » look for jobs in all kinds of places
- » improve your IT skills
- » use and expand your networks
- » identify skills you already have that might suit a different industry
- » make a plan for your career and your life
- » find and finish training
- » research the job you're applying for
- » write a strong resume that's brief but relevant
- » be positive about your ability to do the role
- » explain why you're the best person for the job
- » practise interviews and ask for feedback
- » keep up to date with COVID-19 information for job seekers.



Work45+ was created by COTA Tasmania with the assistance of a grant from the Department of State Growth, Tasmania. It is maintained by COTA Tasmania.



Want to find out more? Visit www.work45plus.org.au