

CO-ORGANIZED BY:



# EMPOWERMENT AND RESILIENCE SERIES: MY WORK-LIFE PLAN, MY FUTURE

MOTHERS' DAY SPECIAL

HOSTS:



**YUK WAH CHAN**



**LORNA SIANEN PAGADUAN**



**CRISELDA VICENTE**

- Did you make plans before you go overseas to work?
- What goals do you have for your overseas work? Are they smart goals?
- Do you have a retirement plan?
- Under what circumstances will you return home for good?
- Have you saved up enough for an active and healthy aging?
- Have you made any reintegration plan?

**OVERSEAS WORK**

**PLANS & GOALS**

**RETIREMENT**

**15 MAY, 2024 (WED) 12:30-15:30 | YEUNG KIN MAN ACADEMIC BUILDING P4704**

Enquires and registration: [s.lau@cityu.edu.hk](mailto:s.lau@cityu.edu.hk)

All migrant domestic workers (new or experienced) are welcome.  
Snacks and drinks will be provided.