

What's Next...?

10 Success Factors to Best Manage Retirement

A workshop about the transition stages, lifestyle issues and other essential information about retirement

by **ISABELLE ST-JEAN, RSW. PCC.**

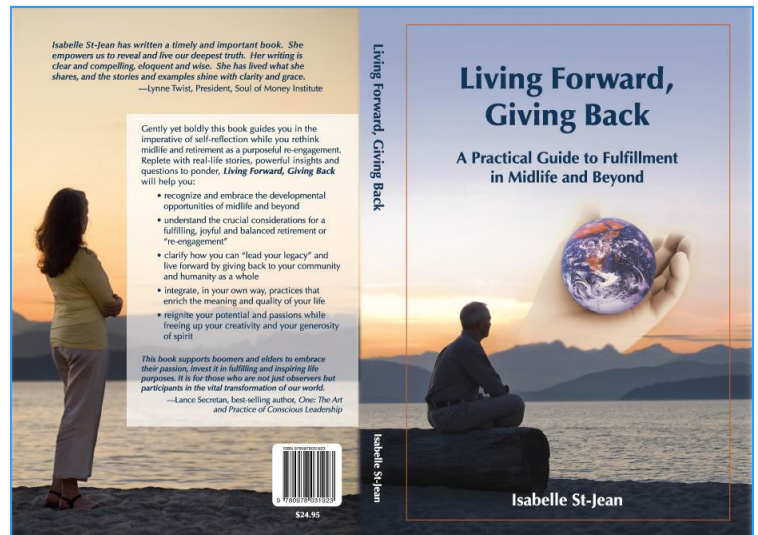
Certified Retirement Coach,

Facilitator and Author of

**LIVING FORWARD, GIVING BACK:
A PRACTICAL GUIDE TO FULFILLMENT
IN MIDLIFE AND BEYOND**

Focus of this workshop:

To deepen your understanding of the 10 success factors of a fulfilling retirement and apply them to your own circumstances. You will learn about the 4 stages of the transition process, reassess your priorities, clarify your readiness to retire, and be prepared to proactively re-engage rather than merely retire.



Why Attend? Your Benefits Include:

- Renewed motivation to make the best of your remaining time at work and to leave a legacy.
- Redefinition of your personal identity as distinct from your professional role.
- Integration of your strengths, accomplishments, interests and passions to help you manage the retirement stages and orient yourself towards your best future.
- Understanding the transitional process into retirement; what to be aware of, how to avoid the common pitfalls and replace retirement anxiety with clarity and positive anticipation.
- Knowing how to create a purposeful focus and a structured yet balanced way of living to maximize longevity and augment the meaning and quality of your life beyond the workplace.

Is This For You?

This program is for those 50 years + who know that good financial planning is not sufficient and are looking to achieve a sense of fulfillment as they joyfully re-engage, not just retire.

In Our Time Together, You Will :

- Learn from the research and see examples of successful re-engagement following a full or partial retirement.
- Reflect and use learning tools to bring to light the beliefs, concerns and expectations you have about this transition and about lifestyle and psycho-social issues of retirement.
- Through small groups discussion, enhance your awareness and activate your motivation to pursue your own engaging vision including exciting yet realistic goals and dreams!

Information



Isabelle St-Jean, RSW, PCC

As a Professional Certified Coach (accredited with International Coach Federation), Retirement Coach, Facilitator and author of ***Living Forward, Giving Back: A Practical Guide to Fulfillment n Midlife and Beyond***, my work is about helping others to successfully navigate major life transitions such as midlife, career change and retirement. Through my company **Inspired Momentum Development**, I facilitate, coach on, and write about effective ways for retiring professionals to enhance their longevity and achieve a purposeful, balanced and joyful reengagement. With my formal training and years of experience, I excel at leading customized programs, including webinars, that foster real learning and stimulate new insights and perspectives while generating concrete action.

Clients for seminars and presentations on this topic include:

B.C. College of Teachers
Vancouver School Board
National Bank Financial

Certified General Accountants Assn. of B.C.

Institute of Chartered Accountants (amalgamating as Chartered Professional Accountants)

Vancouver Police Department
Government of Canada

Yukon Lawyers Assistance Program

You First Financial

This course gave me much more insight in understanding all aspects of retiring and identifying a purpose after retirement. - R. H. (employed by Government of Canada)

I loved the experience of participating in Isabelle's Midlife and Reengagement workshop in Vancouver in June 2008. It was all helpful; the sharing between us was wonderful, the information was great, the exercises were excellent and thought-provoking. Thank you!

- Ruth Bancroft, Langara Child Development Centre

At the conference I attended in Vancouver in 2005, I experienced Isabelle as a very dynamic and intelligent speaker on the subject of midlife and retirement. During her seminar for our community of lawyers in Whitehorse in Feb. 2008, I found her to be very professional as she informed and inspired us and gave us plenty of relevant food for thought.

- Joie Quarton, lawyer and mediator

Isabelle's unique workshop, Purposeful Reengagement that I hosted for practicing and retired educators, received enthusiastic comments and very positive feedback. Afterwards, several participants said they found the session to be highly relevant and that it had motivated them to take new initiatives. Isabelle's informative content and her skilful facilitation stimulated deep, thoughtful conversations. This was a first-rate session.

- Maureen MacDonald, President of ACCES

For further details, costs or customization of this program for your organization, please call Isabelle at 604-708-1585 or e-mail: isabelle@inspiredmomentum.com.