



**"If you want to discover the depths and riches of the third age of life ... move away from age and look at it as a stage." Martin Kimeldorf**

A structured, life planning process enabling team members to identify, evaluate, and decide future career and life needs. This workshop assists team members to work through the positive aspects of ageing and working with change in their career and personal life as well as the management of their finances during this important planning time.

### **Who should attend**

This development program is suitable for any team member who is approaching that time when they are considering retirement, scaling back their work, downshifting, or any other change that will affect their work and life balance.

### **Worklife International**

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### Outcomes

As a result of attending this program, participants develop the following skills and knowledge:

- Awareness of needs, wants and life goals;
- Strategies to achieve needs and wants;
- Confidence to manage upcoming transitions;
- Actions to secure desired work/life balance.

### Facilitation

Best facilitated in group sizes that ensure personal attention is provided.

### Duration

The Life Planning: My Third Age Work and Life Choices program runs for one day.

