

Bridging into Retirement Seminar

Creating your Roadmap to a Rich Second Life

You may have invested wisely, saved money and worked hard but while planning for your retirement, have you pondered these questions?

- ❑ To what extent has your work defined your personal identity?
- ❑ What is your vision of a successful retirement?
- ❑ What is your life purpose right now? Ten years from now?

Over the last 10 years **Isabelle St-Jean** has helped hundreds of people to negotiate major life transitions, improve the quality of their life and satisfy their deeper aspirations. In this seminar, Isabelle guides you towards the new territory of retirement while exploring attitudes, expectations and issues such as time management, family relations, personal identity, self-directedness and replacement of work functions. Isabelle's dynamic style of presenting will leave you feeling energized, better informed and more confident about making thoughtful choices as you enter your retirement.

The Beyond Retirement seminar will include:

- ❑ **The 15 success factors for retirement, illustrated by research, facts and anecdotes**
- ❑ **The opportunity to share and discuss concerns in a safe environment**
- ❑ **The motivation and the steps you need to explore, expand and enrich the rest of your life**



Isabelle St-Jean

**Professional Speaker, Educator and
Certified Retirement Consultant**

**Member of: Cdn Association of Professional Speakers,
International Association of Facilitators**

www.inspiredmomentum.com

Thank you, Isabelle! Your session contributed greatly to the success of our conference.

Elaine Liao, UBC Director, Interprofessional Continuing Education

"Isabelle is an awesome presenter. She speaks with intelligence and great depth of knowledge, as well as with clarity and passion" Claire Robson, DCCNet

This seminar is offered to individuals wanting to transition into the new model of retirement and or to financial planners and investors working with clients approaching retirement.