

What's Next...?

BEYOND MIDLIFE, TOWARD A PURPOSEFUL REENGAGEMENT

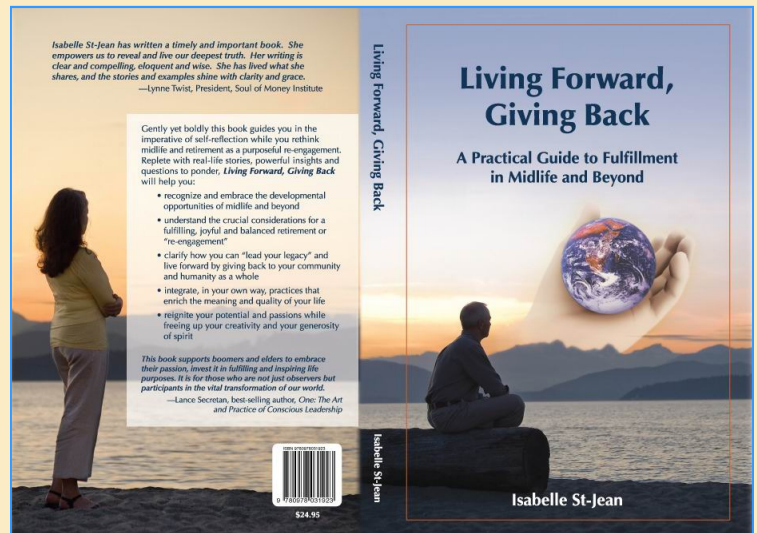
A workshop about the important lifestyle issues and 10 success factors of retirement

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

Certified Retirement Coach,
Facilitator and Author of
**LIVING FORWARD, GIVING BACK:
A PRACTICAL GUIDE TO FULFILLMENT
IN MIDLIFE AND BEYOND**

Focus of this experiential workshop:

To deepen your understanding of the 10 success factors of a fulfilling retirement and apply them to your own circumstances. With others, you will learn about this transition process, reassess your values, and clarify your intentions and purpose to proactively reengage rather than merely retire.



Why Attend? Your Benefits Include:

- Renewed motivation to best use your remaining time at work and to leave a legacy.
- Greater clarity about your personal identity as distinct from your professional identity.
- Rediscovery of the interests and values you most want to embrace now and in the future.
- Practices you may choose that enhance wellness and provide greater meaning and quality in your life.
- New insights about how to create a purposeful focus and structure for daily life beyond your current work in order to maximize longevity and prevent premature aging.

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 beyond their current workplace.

In Our Time Together, You Will :

- Hear information, examples and research on ten key factors in successful reengagement following a full or partial retirement.
- Reflect and participate in exercises to bring to light the beliefs, concerns and expectations you have about this transition and the lifestyle and psycho-social issues of retirement.
- Through small groups discussion, enhance awareness of ways to stimulate renewal, and activate your motivation to reinvent and pursue your engaging vision, goals and dreams!

Information



Isabelle St-Jean, RSW.

As a Certified Professional Retirement Coach, NLP Practitioner, Professional 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 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 that foster real learning and stimulate new insights and perspectives while generating concrete action.

[View the table of benefits and contents](#)

Clients include:

B.C. College of Teachers
Vancouver School Board
B.C. Business Educators Association
Government of Canada
Société de Développement Économique, C.B.

Vancouver Police Department
National Bank Financial
You First Financial
Yukon Lawyers Assistance Program
Institute of Chartered Accountants of B.C.

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 in May 2009 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 or e-mail Isabelle St-Jean's office at 604 708-1585, isabelle@inspiredmomentum.com