

WAKE-UP SHAKE-UP THRIVE!

FOR EMPLOYEES

Wake-Up, Shake-Up



GROUP PROGRAM
12 MODULES

Wake Up! The situation



- 65+ projected to nearly double by 2060
- 65+ share of total population projected to increase from 16% to 23%
- 55+ currently 25% of workforce (17% Europe)
- Life expectancy: 79 years
- People in good health longer
- 1965–1976 generation much larger than baby-boomers > 100 million
- Labor force participation of 55+ expected to increase
- 55+ want to feel productive, have purpose, contribute to society
- "Freedom to work" new concept
- Many need to work longer
- Undeniable growing trend for workplace wellness

CONTEXT

Almost half of our population is over age 50, with a projected lifespan of over 80. That sums up to over 30 years of exciting, active life for which to prepare!

Here's the secret: Ageing is inevitable, yet we each determine how we age.

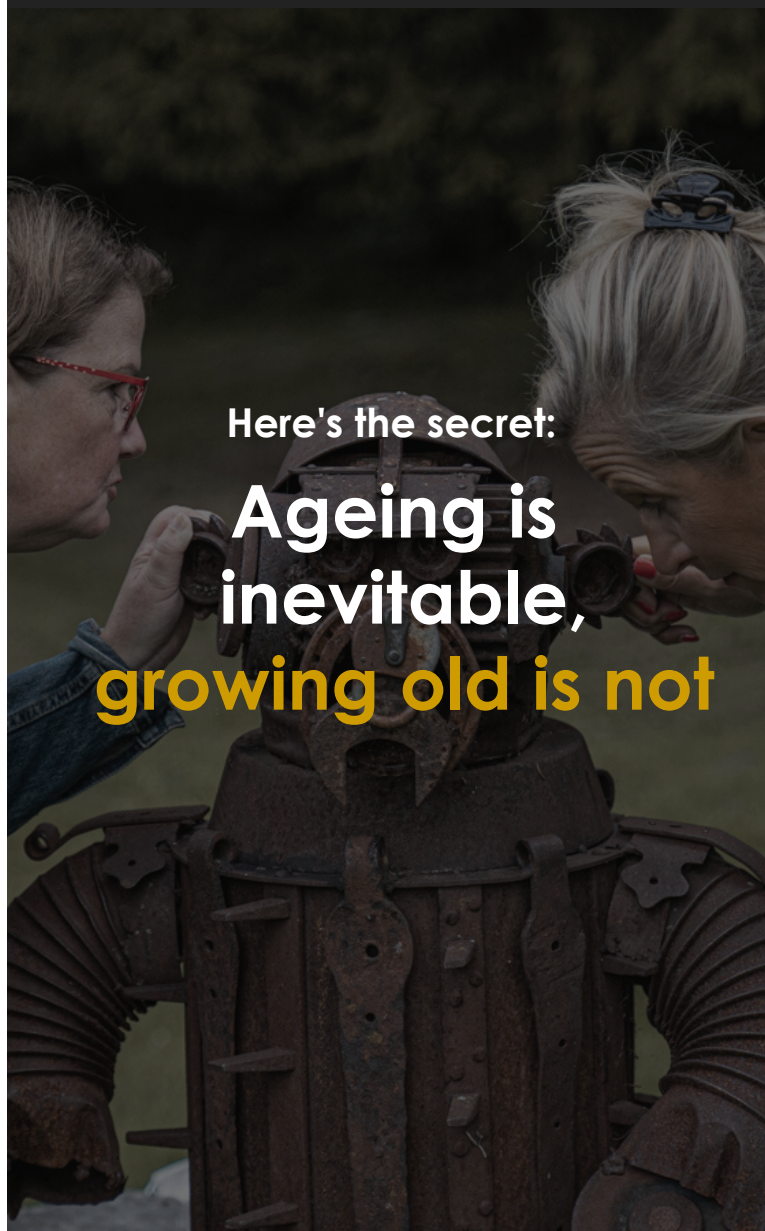
Wake-Up, Shake-Up, Thrive! is a unique wake-up call designed to inspire the 50+ generation to grasp the modern ageing paradigm before it's too late, to shake-up mindsets and attitudes to embrace the years ahead, and to offer vision, tools, tips and guidelines to thrive NOW.

Some see life beyond 50, and ultimately retirement, as a world of new opportunities. Others approach it with concern. The difference between the two boils down to the steps you're taking and the plans you're making right now. Can you confidently say that you fall into the first group?

WHO

The "Wake Up, Shake Up, Thrive!" 12-Module Program is aimed at mid-life professionals over 50 who wish or need to get ready for their next phase of life — at work and beyond — to thrive in the awesome years ahead.

WAKE-UP!



PROGRAM

Elevating this once-in-a-lifetime transition requires an approach that incorporates all the dimensions of well-being. Like the gears of a Swiss watch, each needs calibrating individually, so they turn harmoniously together. Understanding, revising, and balancing these gears wisely is essential. After-all, when one gear turns, the others move, too.

5 DIMENSIONS OF WELL-BEING

We integrate multiple dimensions of well-being and tailor our work to support your unique needs.

Physical

We will explore how today's top ageing fears are, in one way or another, linked to your physical health and why Nutrition, Movement, Sleep and Mindfulness are the most impactful areas for longevity.

Intellectual

We will uncover the importance of stimulating your brain. Despite what many think, most forms of learning and retention of knowledge are well preserved with age simply by living an intellectually-stimulating life.

YOUR 5 DIMENSIONAL WAKE-UP CALL!

Emotional

We will discover that more than 90% of our decisions are based on your emotions, which means that a healthy mindset is critical in making the right decisions for our futures. The way you face ageing depends on how you prepare for it, so the sooner you start, the better!

SHAKE-UP!



Spiritual

We will explore the anchor of your life; the bond between who you are, what you're made of and who you will become. Existence takes on new meaning in the third chapter of life, it's time to align.

Financial

Our material needs and wants, as well as why now is the perfect time to realign your spending habits. What kind of spender are you? What kind of spender do you want to become? And how can you calibrate it to your physical, intellectual, emotional, and spiritual gears?

12 MODULES TO LIFT-UP YOUR:

- Understanding of the 5 Dimensions of Well-Being, why each matters now and how you can best elevate them in your future.
- Capacity to imagine, embrace, and plan an active transition with an open mind.
- Ability to face transition with serenity and calmness.
- Understanding of the links between age and nutrition, activity, and sleep and how to optimize physical well-being in the years to come.
- Key talents, competencies, and experience, and how it can be leveraged in the next stage.
- Discovery of what provides meaning and purpose in life — values and beliefs — and how to optimize them now.
- Confidence in the ability to make the next phase the best.
- Inspiration through ideas, tips, and practical applications with like-minded people and 2 professional coaches.
- Mindset shifts from getting old to growing older...and better!
- Ageing to heights you never thought possible!

THRIVE!

METHOD

As two experienced, professional coaches, we aim to inspire the behavioral change needed for optimal well-being and health. Time will be spent understanding, discussing, brainstorming, and setting goals in 5 Dimensions of Well-Being. You will leave the program confident, with a clear and personalized plan of empowering objectives and relevant tips to put into action immediately.

MATERIALS AND DELIVERY

- Live program with 2 Coaches
- Presentation materials
- Thrive-Guide for each participant's sustainable life project
- Virtual or On-Site
- English or French

INDIVIDUAL COACHING

(Optional)

Beyond the 12 modules, we propose individual coaching and personal assessments according to your specific needs. Our goal is to support you in bringing to life all of the inspiration we will have during the 12-module program. Pricing upon request.