

WAKE-UP, SHAKE-UP, THRIVE!

AWARENESS SESSION FOR AGE 50+ EMPLOYEES

A 90- minute workshop to support your age 50+ transitioning employees to their next challenge within or outside your organization.

DESCRIPTION

This highly interactive session helps prepare individuals 50+ through a personal discovery of the 5 Dimensions of Well-Being — Physical, Emotional, Intellectual, Spiritual and Financial — turning disruptive demographics into productive possibilities for meaningful, thriving lives.

We will raise awareness, wake-up the conversation, build confidence and provide tools and tips allowing for the creation of a concrete plan for thriving forward!

Each participant will discover results of personal diagnostic quizzes and in self-perception each of the 5 Dimensions and will leave the session able to prioritize

and take personal responsibility for a great next chapter!

This session is an excellent “pilot” prior to committing to a full 12-module program.



WHO

“Wake Up, Shake Up, Thrive!” is for mid-life professionals (50+) ready to feel empowered and prepare the transition toward their next phase of life.

4 possibilities:

1. Individuals looking to feel more integrated, involved and inspired in their current organization.

2. Individuals transitioning within or outside their organization seeking agility, confidence and, perhaps, re-Invention.

3. Individuals envisaging their 55-65+ next phase of life “retired” from their current organization seeking inspiration, support and serenity in their thoughts and choices.

4. Anybody simply curious to find out more about how to elevate your life now!



TAKEAWAYS

- Your personal score in each of the dimensions of well-being.
- Inspiration and tips from 2 Expert Coaches.
- Exchange with like-minded professionals.
- Ideas, tips, and practical applications to help anticipate and plan serenely.
- A concrete, personalized and realistic action plan.
- More personal empowerment to live your vibrant life beyond 50!
- Precursor to a full 12-module program.

YOUR COACHES

As professional guides and mentors, we aim at motivating the behavioral change needed for optimal well-being and health in the years beyond 50.



Ellen Kocher

Master Health and Wellness Coach and Consultant. Supporting individuals and organizations to go from "knowing to doing" with their well-being.



Dominique Ben Dhaou

Expert in career reinvention and human capital. Has at heart to develop purpose, talents and potential within individuals and organizations.

Our approach is integrated both in taking each dimension into consideration from all angles and in tailoring it to your specific needs.

PRICING AND CUSTOMIZATION UPON REQUEST

- ✓ Live session with 2 coaches.
- ✓ Maximum Number of Participants: 20
- ✓ On-Site or online.
- ✓ Handouts and tools.
- ✓ Preparation work.
- ✓ Feedback from "pilot" to guide decision for a full 12-module program.