

WAKE-UP, SHAKE-UP, THRIVE!

AWARENESS SESSION FOR DECISION MAKERS

Are you questioning how to best support your age 50+ transitioning employees as they navigate the transition into the next chapter of their lives, both inside or outside of your organization?

Take advantage of our expert support and coaching to build your business case and get things started!



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 to prepare for!

An increasing number of employers are incorporating “life beyond 50” transition or retirement planning into their staff wellness and engagement programs. Research shows that over half of employees are interested in such programs.

Wake-Up, Shake-Up, Thrive! is a unique wake-up call designed to support organizations in accompanying their older generation employees in transition and preparing them for their next phase of life — before it's too late.

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 your employees take right now.

WHO

This 60 to 90-minute Live Awareness Session is geared toward decision makers who are interested in supporting and preparing mid-life professionals 50+ for the next phase of their lives, at work and beyond. We work directly with your C-level executives and HR managers who may know what to do, but who are not quite sure how to implement. These individuals will benefit greatly from the exchange and know-how from like-minded experts.



WHY

This pragmatic and participative wake-up call is designed to provide empowering objectives and relevant tips to help decision makers concretely put into place support for their 50+ employees in order to:

- ✓ Guide transitioning employees toward a successful life beyond 50!
- ✓ Help 50+ employees stay, flourish & thrive.
- ✓ Maintain a competitive edge.
- ✓ Truly support organization's values.
- ✓ Show genuine concern for employees' well-being.
- ✓ Commit to supporting staff of all ages.
- ✓ Create positive feedback about HR policies & practice.
- ✓ Adapt to demographic trends.
- ✓ Align with diversity & inclusion strategies including older generations.
- ✓ Benefit from the know-how, experience & loyalty of older staff.
- ✓ A potential precursor to a full 12-module program.

HOW

An interactive session to discuss and discover solutions and pragmatic action steps with 2 expert coaches and like-minded professionals.

1. Wake Up!

Understand why we cannot afford NOT to take demographics seriously.

2. Shake Up!

Learn how to turn disruptive demographics into productive possibilities for both employers and employees.

3. Thrive!

Explore the 5 dimensions of well-being.

TAKEAWAYS

- The awareness and capacity to imagine and embrace demographics in your organization with an open mind.
- Expert support and coaching to build your business-case to get things started.
- Pragmatic check-lists and links to create your own "Wake-Up, Shake-Up, Thrive!" initiative.
- Inspiration from like-minded professionals to help anticipate and plan transition serenely.



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.