



LIFE·TIME·WISE

A One Day Workshop For

# BABY BOOMERS

Prior to retirement, many people experience increased levels of stress due to the uncertainty of what their lives will be like for the next twenty years or so without paid full time work.

This is perfectly natural given the impact that paid work has on our lives and the way it shapes the way we see ourselves and how others may view us.

While many baby boomers plan for the financial implications of retirement, most do not consider how to replace the intrinsic benefits of work such as social contact, sense of purpose and achievement, structure and mental stimulation.

At the workshop you will:

- Re-frame your thinking about work and identity
- Discuss physical well-being as the key to longevity
- Look at how to apply your work skills in new ways
- Discuss the four phases of retirement
- Understand the value of Serious Leisure
- Help you manage the expectations of others
- Reduce the fear around money and retirement
- Prepare a plan for life after work

The workshop will provide you with an understanding of the issues around retirement including:

- How to find fulfilment after paid full time work
- How more free time can result in needing less money
- How to maintain sense of purpose and social contact through serious leisure.

Workshop details overpage.

*Enlightening and informative. The resource materials are very valuable.*

*I have been to several financial planning seminars but never a life skills/coaching one like yours.*

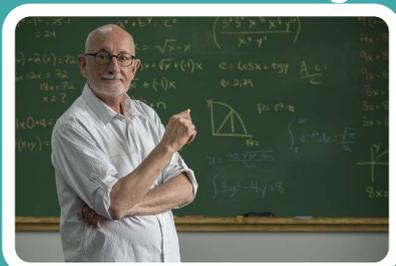
*I think your type of workshop is essential.*

*Thank you so much.*

ECU Lecturer, Workshop Participant, December 2015

**Information  
For  
Employees**

## Decision Making



## Knowledge Legacy



## Lifestyle Planning





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## Workshop Details

# BABY BOOMER WORKSHOP

### About Workshop Facilitator, Andrew Kikeros

Andrew Kikeros

B.App. Sci. Recreation

As a leisure professional for over thirty years, I have dedicated myself to understanding the impact that paid work has on our lives.

After spending most of your lifetime in paid work, this new phase of your life can be dedicated to other purposeful and rewarding pursuits.

I have worked with hundreds of pre and post retirees regarding their outlook on retirement and it gives me great satisfaction to help people lead fulfilling lives after they leave paid full time work.

### Bookings are essential

To book or enquire please contact:

Andrew Kikeros

Principal, LIFE TIME WISE

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## WORKSHOP DETAILS

### DATE:

Tuesday 18 October  
2016

### TIME:

9AM - 4PM

### LOCATION:

Mt Lawley Bowling  
Club, Corner Storthes  
and Rookwood Streets

### INCLUDES:

All participants receive a manual with the workshop notes, additional resources and exercises plus a one on one follow up session.

*Information  
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*Decision Making  
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