

Conversations on Aging and Working

A seminar for the mature-aged worker



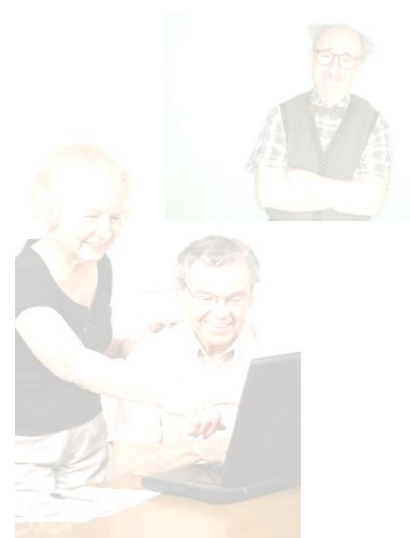
Saturday 7th May

St. Columba Centre

89 Vermont Street

Ponsonby

9.30am – 4.00pm



Most of us need to (or want to) continue working for as long as possible – beyond 65. People want to be relevant, engaged and useful, yet navigating those last years of our working lives has become more challenging.

This seminar will be an opportunity for participants to hear about workforce aging, its impacts and opportunities for older workers, have input from specialists on different aspects of the topic and to spend some time in discussion with others about working longer – exploring what works and what doesn't.

The day will feature guest speakers and facilitated conversations that will be thought provoking, encouraging and practical.

Topics will include:-

- Population aging – what this means for us
- Becoming an 'elder' – finding ways to contribute
- Developing a resilient mindset
- Remaining engaged and relevant
- Taking personal responsibility – proactive transition planning
- 'Understanding your rights as an employee'
- Financial resilience – making the most of what we have
- Developing strategies for emotional and general wellbeing

Tea and coffee will be provided, however you will need to bring your lunch – or find one of the many wonderful cafes nearby on Ponsonby or Richmond Roads.

Cost: \$90.00 + GST per person

Bookings are essential. Contact Kaye at kaye@career-coach.co.nz or phone her on 021 47 47 65 or after hours 09 521 117

Presenters:

Kaye Avery – Event facilitator

Kaye is a career coach and facilitator with a growing specialisation on the subject of the Aging Workforce. She completed a Masters Research project in 2010, '**Working Longer: The Heroic tasks required of older workers to maintain their careers longer and manage work transitions later in life**'. This work has provided Kaye with the impetus to build public and corporate awareness about the new territory of aging and working, and to help people to find a greater sense of purpose and meaning in their late-career transitions.

Recent Presentations and Relevant Projects

- Workshop facilitator at Air NZ Leadership College and Waikato University 2010: **An Aging Workforce: What this means for Managers**
- Workshop Facilitator at Waikato University 2010: **Reframing Retirement**
- Guest presenter to the Omega Mentors on: **Building an Effective Mentoring Relationship**
- Columnist and regular Employment Today (HRINZ magazine) contributor as a specialist in career development
- Contracted to Counties Manukau and Waitamata DHB's to facilitate their '**The Aging Workforce Project**' of 27 focus groups

Other Contributors:-

Gerri Power – Developing a resilient mindset

Gerri, a specialist in resilience coaching and mentoring has extensive experience in delivering resilience training. With a background in organisational development, Gerri mentors executives, managers and staff in the energising process of building resilience to enhance their capacity to succeed in a way that is meaningful to them.

Keith Hargis – My rights as an employee

Keith is an HR generalist with over 25 years of experience. He is currently director of an HR consultancy which provides HR solutions to employers of all sizes, and prior to that he was Director of HR for a large employer in South Auckland. Over the years he's been involved in most aspects of HR across a range of employers.

Peter Fleming – Financial resilience

Peter has been conducting specialised seminars and personal consultations for many years in the areas of retirement planning from a financial perspective. Peter and Kaye run Pre-Retirement Planning Workshops for corporate clients. Peter has had forty plus years experience in the Financial Services Industry.

Marijke Batenburg - Mindfulness as a strategy for emotional health

Marijke is a Clinical Psychologist who also runs mindfulness training. She describes her work as Mindful Psychology; developing mindfulness - a 'meta-skill' for navigating today's world.

A full programme for the day will be produced and sent out to confirmed participants prior to the event.

For more information about Career and Transition Consulting visit www.career-coach.co.nz

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