

“Careering Beyond 50”

“A workshop for men and women over 50 who are interested in successfully integrating personal and career development and navigating the later life transitions with **more confidence**”.

As we age, our personal needs and priorities and sense of what is meaningful change. We can find ourselves struggling to find values alignment at work, balance and a sense of purpose. In order to navigate the transitions of midlife and later midlife we need to be more present to what is emerging in our maturing self and find career and life balance and more fulfillment.

This workshop is designed to explore the process of maturing and the developmental transitions involved in our relationship with work (or career). It will enable people to renew personal and career goals, develop a more resilient approach to life and get clear on how to make the contributions they were born to make.

The workshops will involve reviewing:-

- Journeys, threads and influences
- Personality, values and strengths
- Areas that inspire and motivate
- Unfulfilled dreams yet to explore

Participants will create or refine goals and options for establishing more balance, more purpose and improved efficacy.

Workshop facilitator, Kaye Avery, has 10 years experience in career coaching and workshop facilitation and has specialist expertise in the career development of the older worker.

www.career-coach.co.nz



Kaye Avery

Friday 22nd May
City venue tbc
(9.30—4.30)

OR

Saturday 30th May
Kohia Teachers
College, Gate 2, 78
Epsom Ave
Epsom
(9.30—4.30)

Cost: \$450.00 pp

(pricing can be adjusted for non-salaried individuals) - conditions apply)

This includes a follow-up one hour post-workshop coaching session to ensure next steps are identified and goals are clear.

For more information or to register contact:

Kaye Avery at kaye@career-coach.co.nz

Phone: 021 47 47 65

Note: Workshops require a minimum number of participants to proceed. The maximum number is 20.