

Working Longer: Working Wiser

A workshop for people wanting to...

remain engaged, learning and inspired by their work/life - beyond 65

Saturday November 6th 9.30 – 5.00pm

Is retirement an option for you? These days most of us want to remain engaged and inspired by our work, and we want to work longer – even into our 70s. The demands and conditions of our current working environments, however, may not support our changing needs. Whether we need to work beyond 65 for financial reasons or not, research tells us that working longer is good for our physical and mental health if we can create the conditions that support us, and we continue to be inspired and energised by what we do.

Timing becomes crucial as; in our late 50s and early 60s we recognise that there is but a short window of opportunity to make the changes that are needed to support our continued engagement and on-going wellbeing.

Making career decisions in our late 50s and 60s present dilemmas:- Considerations of **career vs lifestyle, financial needs vs health and wellbeing**, and looking after **individual concerns vs supporting families and communities**. These become a complex set of choices through which we must navigate.

If you recognise these dilemmas then this workshop may help bring some clarity about your changing priorities so that you can create transition objectives that will support your on-going contribution. Through personal inquiry, research and the stories of others, it will offer insights and inspiration about aging well and working longer.

You will explore:

- The aging demographic – what it means for us - ways to prepare
- Managing career conversations and transitions at work
- Personal development - transforming beliefs that no longer support us
- Changing lifestyle – setting priorities and identifying opportunities

Workshop facilitator Kaye Avery is a Career Coach and Specialist Consultant on the subject of the Aging Workforce. She has recently completed a Masters Research project, *Working Longer: The Heroic tasks required of older workers to maintain their careers longer and manage work transitions later in life*. She has the opportunity to present this paper at The International Careers Conference in Cairns in April 2011. More information about Kaye is on her website <http://www.career-coach.co.nz>

Venue: Eden Gardens Cafe – The Garden Room

24 Omana Avenue, Epsom, Auckland

Fee: \$150 per person or \$270 for 2 (bring a friend) – includes GST and materials

Registration: Contact Kaye Avery on 021 47 47 65 OR email kaye@career-coach.co.nz

www.career-coach.co.nz

Dedicated to developing people and committed to growing a more conscious and sustainable world.

Recent Presentations and Highlighted Projects

- 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
- Facilitator 2010 Future Auckland Leaders inaugural hui
- Presentation to the Association of Community Access Broadcasters National Conference entitled; ***Working for Love: Attracting and supporting the career development of professional staff in the Not-for-Profit sector.***
- Contracted to Counties Manukau and Waitamata DHB's to facilitate their '***The Aging Workforce Project***' of 28 focus groups
- Presentation to Career Practitioners Association Professional Development seminar: ***The Impact of global issues on the New Zealand workforce***
- Researched aging workforce issues and presented findings and background theory to NZATD conference: ***The Aging Workforce – crisis or opportunity?***
- Coach and facilitator for The Creative Entrepreneur Programme run by Art Venture Trust and The Big Idea
- Designed and delivered programme of support to 400 employees of tertiary institute during major restructuring
- Designed and delivered a Career Resource Centre to support 110 employees of manufacturing company who outsourced production
- Won 'Best Paper' for Navigator Conference on the development of an onsite career resource centre (for the above project)