

Working Longer: Working Wiser And **Conversations on Living Well**

18th and 19th November 2011

Barry Court Hotel, Parnell

A 2-day seminar packed full of inspiration, stories and content from experts for people over 55 who wish to remain actively engaged and contributing in the workforce longer than they once envisaged.

Presentations and group workshops will provide encouragement, current research and information, practical tools and techniques to enable participants to clarify a vision for the latter stages of their working lives – they will be able to plan and implement strategies to bring about greater satisfaction, lifestyle balance and well-being.

Background

Now that we are working longer, the late-career experience needs careful management, yet navigating those last 10 – 15 years of our working lives has become more challenging. The workplace is less certain and financial resilience less assured. Along with this, the speed of change and increasing complexity in the world create an environment that requires discipline, development, self-awareness and self-care.

Day One **Working Longer: Working Wiser**

Friday 18th November

Day One offers three in-depth workshops with key specialists:-

- **Staying on - Career sustainability and planning**
 - Kaye Avery, career coach and aging workforce specialist
- **Managing our finances – Investing for a longer retirement**
 - Martin Hawes, financial adviser and well-known columnist and author
- **Building a resilient mind-set and well-being in the second half of life**
 - Gerri Power, resilience coach and mentor

Day Two **Conversations on Living Well**

Saturday 19th November

Day Two will feature 5 specialist presentations and facilitated conversations. Our specialists will speak on different aspects of the topic, provide inspiration, information, facilitate conversations and provide useful tools and practices to take away. Participants will have choices as sessions will run concurrently.

Workshops and speakers:

- **1. Personal development – the key to late- career success**
- **2. Mapping your transition to increase lifestyle choice**
 - Kaye Avery, career coach, team facilitator and aging workforce specialist
 - www.career-coach.co.nz
- **Financial resilience in times of change**
 - Martin Hawes, financial adviser and well-known columnist and author
 - www.martinhawes.com
- **Courageous conversations - meaning, challenges and resilience in midlife**
 - Gerri Power, resilience coach and mentor
- **Negotiating change at work - your employment rights**
 - Keith Hargis, Director of an HR consultancy and ex Director of HR for MIT
 - Website: www.accesshrplus.co.nz
- **Keep your edge: Prevent dementia and increase wisdom**
 - Janis Grummitt – Providing simple practices for better brains
 - Website : www.workplacewisdom.co.nz

Who should attend?

- Anyone in their mid-fifties on who wants to carefully manage their late career and plan well for a longer retirement
- Those who are currently in transition or at a crossroads in their career
- People looking to establish a succession plan for themselves so that they leave their organisation in good hands – when they are ready
- Managers or OD specialists who wish to be better advised about this cohort
- Health professionals of diverse disciplines

Please note: Participants can choose to come to both days or just one.

TO BOOK: Please complete the registration form provided on page three of this document and make payment prior to the 31st October.

Payment of the seminar or workshop fee will secure a place.

An Early Bird discount of 20% if paid before 15th October

Group discounts are available – please enquire.

More information about the workshops and workshop specialists please email Kaye Avery for further information:

kaye@career-coach.co.nz or phone her on 021 47 47 65 or after hours 09 521 1817

Booking Form

Name or Participant.....

Email Address of Participant.....

Contact Phone Numbers.....

Employing Organisation.....

Contact Person in Employing Organisation.....

Day	Fees	Subtotal
Day One Only Working Wiser: Working Longer	\$360.00 + GST = \$414.00 N.B. Not for Profits and private individuals: \$360.00 (GST included)	
Day Two Only Conversations on Working Longer	\$160.00 + GST = \$184.00 N.B. Not for Profits and private individuals: \$160.00 (GST included)	
Both Days	\$460.00 + GST = \$529.00 N.B. pay only \$100. 00 extra to attend both days (a discount of \$60) N.B. Not for Profits and private individuals: \$460.00 (GST included)	
EARLY BIRD DISCOUNT	A deduction of 20% is offered to those who pay before the 15th October	
Total Fee Please calculate		

PAYMENT: Choice of direct payment online and email receipt of payment with registration form or post cheque + registration form.

Pay Direct to: Career and Transition Consulting. Acc No. 38 9009 0775559 00 Please put name as reference	By post: Make cheque payable to: Career and Transition Consulting Send to: PO Box 28846, Remuera, Auckland 1541
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Please complete the registration form provided and make payment prior to the 31st October to be assured of a place at the seminar – numbers are limited.

For further information contact:

Kaye Avery at kaye@career-coach.co.nz or phone her on 021 47 47 65 or after hours 09 521 1817