

## PROGRAM AT A GLANCE

### 1) Full day Workshop:

**Date:** June 24 in person / plus online – see below  
**Time:** 8:00 am (continental breakfast) ; 8:45am - 5pm (program)  
**Place:** Sunnybrook Estates: Maclean House, Garden Room  
2075 Bayview Avenue Toronto, Ontario M4N 3M5 Tel:416.487.3841  
See [www.estatesofsunnybrook.com](http://www.estatesofsunnybrook.com) for additional detail.

#### Includes:

- *Continental Breakfast, lunch, snacks*
- *Retirement 2.0 resource binder*
- *Membership to the Retirement 2.0 Online Course & Community*
- *Teleclasses (subject to group interest & participation).*

### 2) Online Program and Membership to Retirement 2.0 course & community

June 24-September. Further details & instructions to come later.

### 3) Teleclasses\*:

TBD – dependent on group interest.

*\*Telephone # to be provided*

### 4) **OPTIONAL/INCREMENTAL:**

#### **Retirement Success Profile: assessment & one-on-one coaching session:**

An assessment that gives you a picture of your personal attitudes, readiness, expectations for retirement on different dimensions. This portion includes: A personal coaching session by phone (up to 2hrs); a report; and a copy of the book “The New Retirement”. It is a powerful tool to provide insights to your readiness, attitudes and expectations related to various factors that contribute to your potential fulfillment and success in retirement

## TOPICS AND PROGRAM HIGHLIGHTS

*\*Topics may change according to group interests. Each accompanied by exercises, group interaction. Some will be addressed in the full-day workshop – and others expanded in in the follow-on program (online / and tbd teleclasses)*

- The new retirement landscape: what it means to you.
- Success factors for retirement life planning: myths, truths and plenty of surprises!
- Retirement EQ: How old would you be if you didn't know how old you are? And other provocative questions that impact how you prepare and engage in the next life stage.
- Taking stock of Now: Where ever you are – that's where you will start. The evolving nature of the retirement life plan.
- The paradigm of Balance in retirement. Introduction to the Six+ Life Arenas.
- From Success to Significance: Distinguishing between being 'busy' and being meaningfully engaged
- The strengths and core value advantage and compass for choice.
- Goal-setting for your retirement life planning: Meaningful, concrete goals (based on insights gained from the Day 1 workshop)
- Work & Career: Career and/or work continuation or replacement: the good, bad and beautiful (possibilities) in retirement.
- What lights your fire: Interests/Leisure/volunteering/other
- Purpose and focus: After the luster of 'playing it by ear' wears off....Developing a Life Vision
- Actualizing the Plan! Intentions, commitments, actions – and accountability
- Financial Planning TBD: Your life goals have a financial implication. Opportunity to hear more from guest: Certified Financial Planner and other resources in teleclass format if enough group interest.