

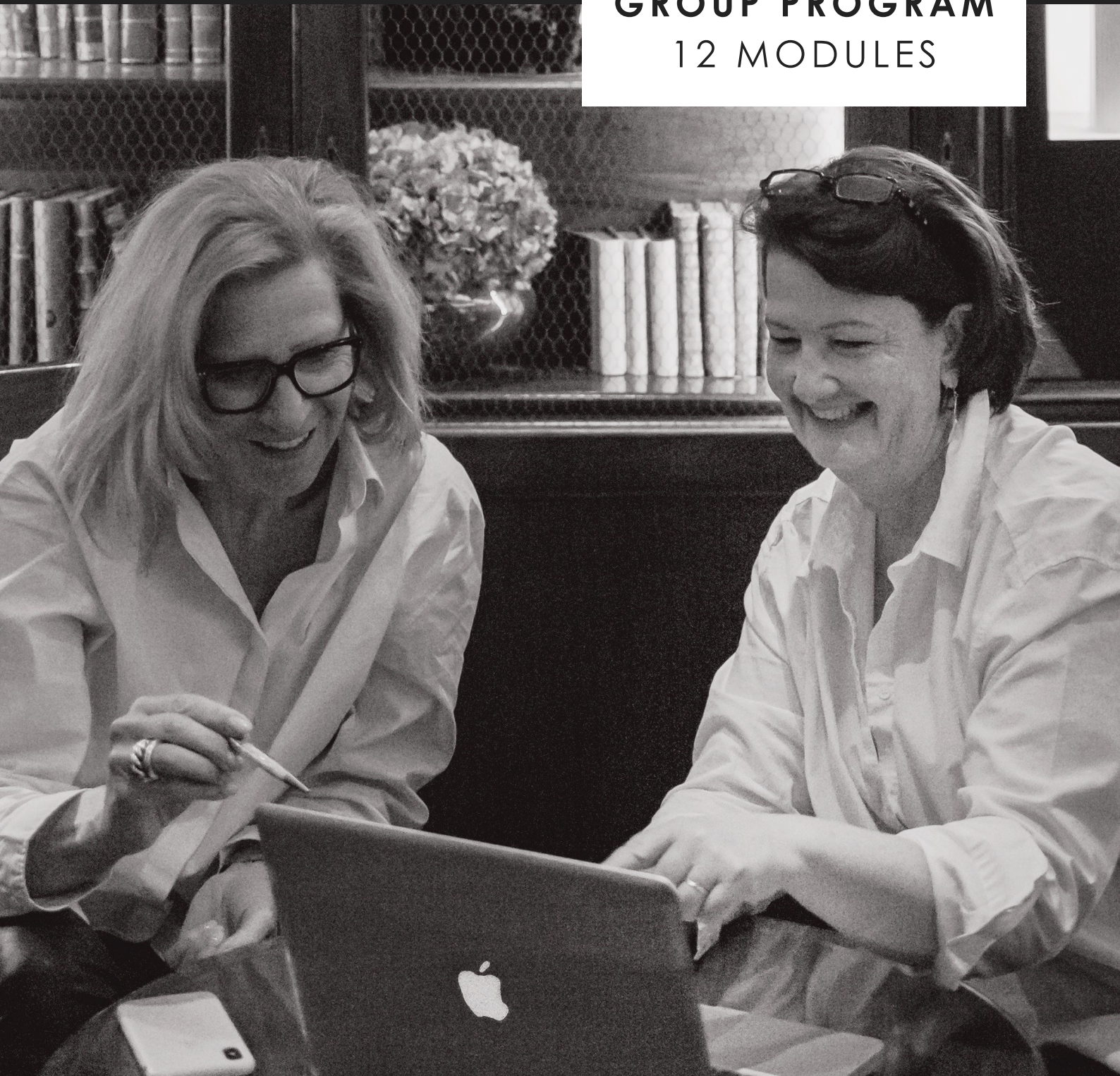
WAKE-UP SHAKE-UP THRIVE!

FOR EMPLOYERS

Wake-Up, Shake-Up



GROUP PROGRAM
12 MODULES



CONTEXT

Almost half of our population is over age 50, with a projected lifespan of over 80. That sums up to over 30 years of exciting, active life for which to prepare!

An increasing number of employers are incorporating the “life beyond 50” transition or retirement planning into their staff wellness and engagement programs. Research shows that over half of employees are interested in such programs.

Wake-Up, Shake-Up, Thrive! is a unique wake-up call designed to support organizations in accompanying their older generation employees in transition and preparing them for their next phase of life — before it's too late.

Some see life beyond 50, and ultimately retirement, as a world of new opportunities. Others approach it with concern. The difference between the two boils down to the steps your employees are taking right now.

WHO

The “Wake Up, Shake Up, Thrive!” 12-Module Program is aimed at mid-life professionals over 50 who wish (or need) to get ready for their next phase of life — at work and beyond — to thrive in the awesome years ahead.

WAKE-UP!



Over half of employees are interested in “Life after 50” transition programs

PROGRAM

Elevating this once-in-a-lifetime transition requires an approach that incorporates all the dimensions of well-being. Like the gears of a Swiss watch, each needs calibrating individually, so they turn harmoniously together. Understanding, revising, and balancing these gears wisely is essential. After-all, when one gear turns, the others move, too.

5 DIMENSIONS OF WELL-BEING

We recommend integrating multiple dimensions of well-being and tailor our work to support the unique needs of your employees.

Physical

We will explore how today's top ageing fears are, in one way or another, linked to physical health and why Nutrition, Movement, Sleep and Mindfulness are the most impactful areas on longevity.

Intellectual

We will uncover the importance of stimulating our brains. Despite what many think, most forms of learning and retention of knowledge are well preserved with age simply by living an intellectually-stimulating life.

THE 5 DIMENSIONAL WAKE-UP CALL!

Emotional

We will discover that more than 90% of our decisions are based on our emotions, which means that a healthy mindset is critical in making the right decisions for our futures. The way we face ageing depends on how we prepare for it, so the sooner we start, the better!

SHAKE-UP!



Spiritual

We will explore the anchor of our lives; the bond between who we are, what we're made of and who we will become. Existence takes on new meaning in the third chapter of our lives.

Financial

Our material needs and wants, as well as why now is the perfect time to realign our spending habits. What kind of spenders are we? What kind of spender do we want to become? And how can we calibrate it to our physical, intellectual, emotional, and spiritual gears?

12 MODULES TO LIFT-UP YOUR:

- Understanding of the 5 Dimensions of Well-Being, why each matters now and how you can best elevate them in your future.
- Capacity to imagine, embrace, and plan an active transition with an open mind.
- Ability to face transition with serenity and calmness.
- Understanding of the links between age and nutrition, activity, and sleep and how to optimize physical well-being in the years to come.
- Key talents, competencies, and experience, and how it can be leveraged in the next stage.
- Discovery of what provides meaning and purpose in life — values and beliefs — and how to optimize them now.
- Confidence in the ability to make the next phase the best.
- Inspiration through ideas, tips, and practical applications with like-minded people and 2 professional coaches.
- Mindset shifts from getting old to growing older...and better!
- Ageing to heights you never thought possible!

THRIVE!

METHOD

As two experienced, professional coaches, we aim to inspire the behavioral change needed for optimal well-being and health. Time will be spent understanding, discussing, brainstorming, and setting goals in 5 Dimensions of Well-Being. You will leave the program confident, with a clear and personalized plan of empowering objectives and relevant tips to put into action immediately.

MATERIALS AND DELIVERY

- Live program with 2 Coaches.
- Presentation materials.
- Thrive-Guide for each participant's sustainable life project.
- Virtual or On-Site.
- English or French.

INDIVIDUAL COACHING

(Optional)

Beyond the 12 modules, we propose individual coaching and personal assessments according to your specific needs. Our goal is to support you in bringing to life all of the inspiration we build up during the 12-module program. Pricing upon request.