



WORK OVER 50

Finding passion, purpose and a pay cheque

“See yourself using your strengths, in the service of something you believe in and enjoy the process while connecting with others.”

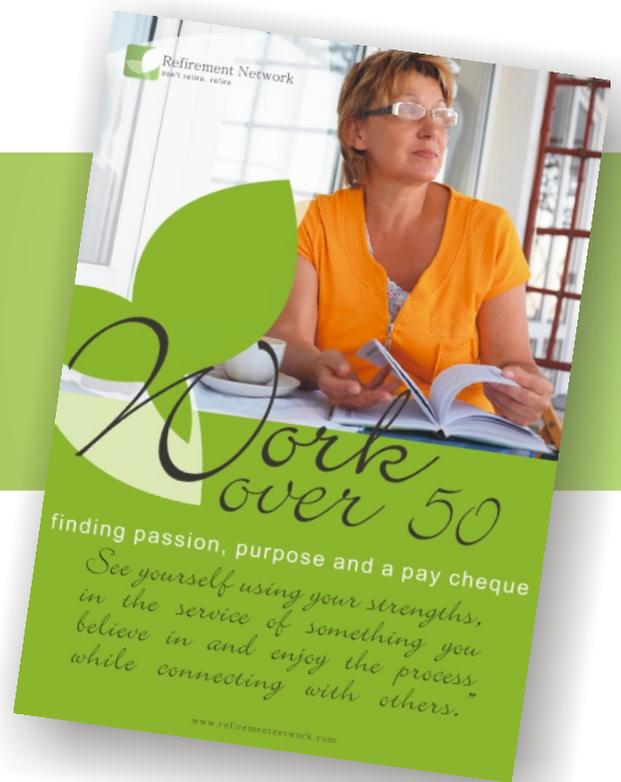
Introduction to the book

This book exists as a result of my many interactions with over 50's who are looking to follow their passion and purpose but still earn a pay cheque in their next season of life. The workbook aims to help you understand how the world of work has changed since you entered it some 30 years ago and what this means for your next season of life.

It will help you identify your attitudes about retirement and the choices and changes you need to make to enjoy the retirement that you desire. It will also help you identify your purpose and passions in life and help you build a talent profile including all your valuable skills and experiences that could be relevant to your next season of life.

It will give you some practical tips and insights into employment options available and where to look for help in order to find the combination of work and play that suits you in your retirement years.

Each chapter consists of a short write up and in some cases questions to answer, followed by a notes page for your notes on the section. The book is not designed



to just be read through, but for you to work through, take notes and make decisions as you go through it.

You should not try to race through all the chapters at once. I suggest that you take one a week and really try to work through the material and the issues raised in each. Then write down your notes at the end of each section to document your progress, thoughts, action steps and ideas.

During our lifetime, we study to prepare for our careers and develop ourselves to be better spouses and parents, but besides financial planning, who ever talks about preparing for your retirement? This next step will be one of the most monumental steps you will take in your life, but most of us just let our retirement date roll around without preparation or planning for what lies ahead.

My hope is that the chapters in this book will take you on a journey that will help prepare you for what lies ahead and enable you to make the decisions and changes necessary to make your retirement years all you want them to be.



You are welcome to also engage in a series of coaching sessions to help you stay accountable on this journey.

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