



## Retire to the Life You Design©

If you're feeling nervous and at the same time excited about the freedom that will be yours when you retire, you're not alone. You're about to embark on a major life change from the job and life you know now to something that is largely unknown.

While this workshop will not help you with your financial planning for your retirement, it will show you how to design your future with the meaning and fulfilment you desire. If you think that continuing to work or leading a life of leisure are the only options available to fill your time in retirement, *think again*.

This workshop will help you learn that by planning for retirement from the inside out, you will know the values that drive your choices, the natural strengths you bring to the world, and the interests you wish to pursue. Discover the **Six Circles of Life** and the blend of activities that can satisfy you in the next stage of your life.

Using the **Retirement Dimensions**™ tool, you will develop a greater understanding and appreciation of yourself when you are not primarily identified by your job title.

Working with the **Life Balance Grid**, you will begin to plan the personal blend of activities for a typical week that will bring balance, fulfillment and meaning in your life.

I.J. McIntyre is licensed to deliver this practical, interactive workshop developed by and copyright to Nell Smith Career Services of Calgary, Alberta. This workshop will **help you start the process** of your planning to **retire to the life you design!**

Contact IJ to explore workshop options. She can be reached at:

**Queenage.com**

Personal power for women on the upside of 45!  
Keynotes \* Workshops \* e-resources

T: 403.669.6851 E: [ij@queenage.com](mailto:ij@queenage.com)

