

LEADERS

IN TRANSITION

HAVE YOU GIVEN
YOURSELF THE
TIME TO PLAN
YOUR NEXT
CHAPTER?

JOIN ACCOMPLISHED WOMEN 50+
AT LEADERS IN TRANSITION.

OUR NEXT COHORT BEGINS JANUARY 20, 2017.

FOR MORE INFORMATION, AND TO REGISTER, CALL 604-683-7635 EXT. 228

How do you reinvent yourself when you've invested years building your career identity? How do you define yourself without your work? And, most importantly, what will you do with all that time?

Combining expert facilitation, group-based discussion and individual planning activities, Leaders in Transition helps women create a satisfying and productive next chapter in life.

"LEADERS IN TRANSITION WAS THE HIGHLIGHT OF MY YEAR AND UNDOUBTEDLY THE BEST DECISION I'VE MADE IN A LONG TIME.

Not only did I learn about the many elements a retirement plan should include (financial, leisure, health and wellness, family and relationships), but I forged friendships that have become very important to me.

Just to be in the company of so many accomplished women made it a very worthwhile, even life-altering experience. I couldn't have asked for a better group of remarkable women to spend time with as we planned ahead for what our futures may hold."

—Michelle Brenton, past participant



*The program takes place
one Friday per month
for six months.*

*All sessions are held
in Vancouver and
are facilitated by
Helen Dewar, a Certified
Retirement Coach.*

*2017 Program Dates:
January 20
February 17
March 31
April 21
May 26
June 23*



Leaders in Transition Program

SESSION ONE

LEADERS IN TRANSITION: WHERE AM I GOING? WHY FOCUS ON VALUES?

Participants will examine the elements of managing transition and how to make the most of the changes coming their way. Presentations from “reinvented leaders” will prompt thinking on future steps.

SESSION TWO

PROFILE OF YOUR NEXT CHAPTER: WHAT WILL I DO? HOW DO I STAY WELL AND LIVE TO THE FULLEST EXTENT?

Participants will complete an online assessment to identify what they might do in their next life phase. They will investigate the three levels of wellness and how they can thrive, and not just survive, their vital senior years.

SESSION THREE

FINANCES AND LIFESTYLE: AM I CONFIDENT? CAN I FULFILL MY DREAMS?

Participants will have a reality check on what they dream of doing and the financial feasibility of living those dreams to the fullest.

SESSION FOUR

FAMILY AND RELATIONSHIPS: WHY ARE RELATIONSHIPS IMPORTANT FOR SUCCESS?

Looking at the importance of resilience, taking risks, and managing loss for personal growth and development, participants will hear from experts on aging well, and consider aspects of family care-giving which could impact their retirement years.

SESSION FIVE

LEISURE AND SOCIAL ACTIVITIES: WHAT ARE THE POSSIBILITIES?

Leaders will examine areas of interest, talents and hobbies to determine what concrete steps they will take to plan for a fulfilling life aligning with their values.

SESSION SIX

PLANNING TO SUCCEED: READY, SET, GO!

By setting a vision for the future, accomplished leaders will define their life purpose and their actions toward a successful transition into the next life stage. Participants are encouraged to be creative and practical when developing their personal plan.

To learn more about
Minerva's suite of
leadership programs,
connect with us online.

theminervafoundation.com

