

## Baby Boomers Climb New Heights

*How to live a purposeful and fulfilling retirement*

“For you created my inmost being;  
you knit me together in my mother’s womb.  
I praise you because I am fearfully and wonderfully made;  
your works are wonderful,  
I know that full well.”  
- Psalm 139:13-14, NIV

“The spiritual eyesight improves as the physical eyesight declines.”  
- Plato

### **Baby Boomers Climb New Heights**

How to live a purposeful and fulfilling retirement

#### **Target Audience**

Those who are planning for retirement or want to achieve greater things in this new stage of life

#### **Workshop Format**

3-day weekend retreat

#### **About the Workshop**

Is there such thing as a smart retirement for baby boomers?

As a matter of fact...yes! It takes more than money to live a purposeful and fulfilling retirement. In this weekend workshop, you will be inspired to craft a vision for the next stage of your life. Get motivated with discovery tools, practical steps and expert guidance, which will help develop your plan to embark on a purposeful and fulfilling retirement.

—> See next page for Workshop Outline



#### **About Joyce**

Joyce Li is a gifted speaker and workshop facilitator with over 25 years of business, consulting, counselling and teaching experience. Fluent in both English and Cantonese, she specializes in delivering interactive workshops that inspire and equip her audiences to become the best they can be. No matter your life journey, Joyce has what it takes to promote your potential to the next level.

Phone: 416-568-3230 \* Email: [joyce@fullnessoflife.com](mailto:joyce@fullnessoflife.com) \* Website: [www.fullnessoflife.com](http://www.fullnessoflife.com)

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### Workshop Outline

#### Part I – Planning for Success

Learn about your potential. Maximize your strengths and resources to prepare for the exciting years ahead.

- Maximize your brainpower.
- What does retirement mean to you?
- Why plan for the future?
- Understanding retirement.
- Growing versus aging.

#### Part II –Self-Discovery: Celebrate the Unique You

Discover who you are to live out your calling in life. YOU are the only one in this world that can accomplish God's plan.

- What does the Bible say about His plan for your life?
- Celebrate your life's gifts.
- Understand your unique personality, strengths, weaknesses and emotional needs.
- Living a well-balanced, spiritual life.
- Take stock of your core values.
- Revitalize your passion in life.
- Walk in true love (loving God, yourself and others).

#### Part III – The Power of Vision

Seize what you can see! You will paint a picture of what success looks like, which will guide you to implement your goals.

- The benefits of visioning.
- Seizing what you can see.
- Seeing beyond today.
- Making a statement.

#### Part IV - Taking Action: The 5-Step Success Cycle

Plan your work and work your plan. You will develop a measurable action plan and focus your energy on the things that matter to you most.

- Putting your plan together:
  - Winning through the 5-step success cycle.
  - The O-D-M Plan: What it is and how to harness it.
- Making a commitment.