



CREATING YOUR RETIREMENT

Career Vitality Services offers the high-quality "Creating Your Retirement" one day workshop to help you define and achieve what you want out of retirement.

Using thought provoking information, experiential exercises and inspirational stories, Career Vitality Services Inc. Certified Retired Coach Facilitators prepare individuals and couples to successfully move through the retirement transition process.

Learn the Factors of a Successful Retirement in the six key areas of Career and Work, Health and Wellness, Family and Relationships, Leisure Activities, Retirement Purpose & Meaning, Personal Self -Development. And much more!



"Discover your passion live your dream"

YOU WILL LEARN ABOUT:

DIFFERENT MODELS OF
RETIREMENT

CONCEPTS OF CHANGE
AND TRANSITION AND
THEIR IMPLICATIONS ON
MAKING DECISIONS IN
RETIREMENT

RE-DISCOVERING AND
CONFIRM YOUR VALUES,
INTERESTS AND PASSIONS

BROADEN YOUR
APPRECIATION OF YOUR
READINESS AND
PREPAREDNESS FOR
RETIREMENT

THE STEPS REQUIRED TO
HAVE A SUCCESSFUL
RETIREMENT AND CREATE
A LIFESTYLE THAT IS RIGHT
FOR YOU.

**CAREER VITALITY
SERVICES INC.**

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