

My Plan After 50

Proactive Holistic Planning for
Workers Over 50, and for Their
Employers

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Introduction

- My Plan After 50
 - Employee & Family Resources (since 1964)
 - Workplace Services (since 1975)
 - Coaching Services (since 2002)
 - Executive, Leadership and Life Coaching
 - Retirement Coaching
 - Personal Life Experience

My Plan After 50

- Employer Services
- Holistic planning
- Online learning and community
- Self-guided workbook
- Coach-supported planning
- Life and retirement coaching

Eight Elements Essential for a *Vibrant* Life After 50

- Work
- Financial
- Social
- Family

Eight Elements Essential for a *Vibrant* Life After 50

- Purpose
- Resilience
- Relaxation
- Health

How Holistic Planning Benefits Employers

- Boomer data and characteristics
- Workforce issues
 - Succession planning
 - Increased productivity
 - Decreased costs

My Plan After 50

Questions

Answers

And

Discussion