



BGS
CAREER & CORPORATE
DEVELOPMENT



The
Timeless Traveller
“Exploring the
NEW
Retirement”

“PROVIDING DIRECTION FOR YOUR JOURNEY”

The **Timeless Traveller** is one who has reached pre-retirement &/or retirement and is ready to explore & define this exciting new stage of life.

How can BGS help the Timeless Traveller?

Through Coaching, you will explore & maximize your unique potential and develop a plan to increase fulfillment in all areas of your life.

BGS' Timeless Traveller Series Explores:

What “Retirement” Looks Like Today

“Visioning”- Planning Your Retirement Lifestyle

Dimensions of Your Retirement:

- Lifestyle Issues
- Who Are You? Rediscovering Self
- Work Considerations/Alternatives
- Changing Roles & Relationships
- Managing Emotions & Attitudes
- The Physical Me: Health & Aging
- Recreation & Travel

Preparation of Your Retirement Profile

How Coaching Can Enhance Your Journey

Pre-Retirement and Retirement Coaching

allows Travellers to determine priorities, develop action plans with timelines, and receive professional guidance and support.

Timeless Traveller Coaching Services

- Assess your values, goals, & drivers.
- Review work options/considerations.
- Assistance on overcoming fears and other barriers to entering retirement.
- Review and clarify assumptions, ideas, and perceptions of retirement.
- Provide assistance in resolving timing issues for retirement

Timeless Traveller Services for Employers:

As Baby Boomers retire, employers are faced with the challenge of attracting and retaining workers. To assist you, BGS offers the following:

- Strategies for dealing with the Retirement Wave
- Recruitment and Retention practices
- Implementation of workplace accommodations
- Customized workshops for corporate and team development



BGS Career & Corporate Development

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Learn more by visiting our website

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