

What's next??



Make your own future in later life

Life doesn't end when work does. You can write your own story...

- Are you aged 55+, working, and thinking about retirement and the next stage of your life? Join us on a story-based approach to life planning.
- This course offers you two days when you can consider what you want to do next, and start to work out how to get there.
- This experiential course does not look at practical or financial elements of retirement; instead we will give you space to look at society's assumptions about retirement, and your hopes and dreams.
- During the two days we use storytelling, coaching and mindful techniques to help you ask yourself what you want to do in the next stage of your life.

It was like a light going on, a really important turning point

I really liked the storytelling, and the fact that it came from people's experiences, concerns and worries.

The course changed my mind about what retirement will be like. I really enjoyed it.

It's helped me plan the future, rather than thinking: "I've retired, I'm twiddling my thumbs and now what?"



Book your place

April - bit.ly/TTSwhatsnextApril19

June - bit.ly/TTSwhatsnextJune19

**Time to
Shine**

What's next??

Make your own future in later life

When does it take place?

April 15 & 16

June 14 & 17

How much will it cost? (for the whole two day course)

£40 – if you work in the voluntary sector, a social enterprise or are self employed

£60 – if you work in the public sector

£80 – if you work in the private sector

Where will it take place?

The Quaker Meeting House, Woodhouse Lane,
Leeds LS2 9DX

How do I find out more and book a place?



Jessica 0113 244 1697



Jessica@opforum.org.uk



Book online on Eventbrite

April - bit.ly/TTSwhatsnextApril19

June - bit.ly/TTSwhatsnextJune19



www.timetoshineleeds.org



**COMMUNITY
FUND**

Time to Shine is managed by
Leeds Older People's Forum
Suite C24, Joseph's Well, Hanover
Walk, Leeds LS3 1AB
Registered Charity Number: 1067630