

Fresh Steps™

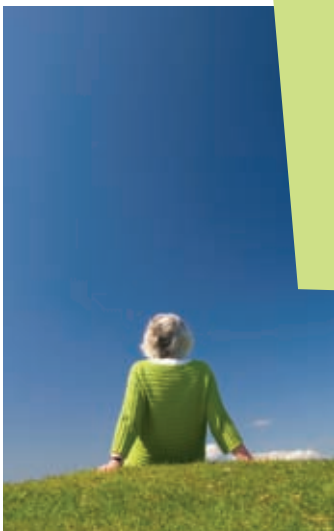
Positive about ageing

A new personal development programme for men and women aged 45+ is currently running in Oxford. Called Fresh Steps it is designed to raise self-esteem and emphasise the more positive aspects of ageing at a time when people are living and working much longer.

The programme gives participants the opportunity to take time out from their lives to talk about issues that are increasingly important for them as they get older, such as work related concerns, financial matters, caring responsibilities and the impact of physical and mental changes.

Issues examined during the programme include:

- People are living and working longer and continue to be active far into retirement.
- Older people experience change and uncertainty so need to develop effective coping strategies.
- Older people can find themselves part of the 'Sandwich Generation' with children living at home whilst also caring for their own parents - both of which can bring both physical and emotional problems!
- Older workers may have to confront lifestyle choices such as whether they carry on with their current job, retrain or decide to simply step off the career ladder into a different role that is more rewarding and less stressful.
- Uncertain pension provision and the fact that positive action now can make a difference to financial security later on.
- Maintaining self-esteem and self-confidence and even more important, what the older person can do to optimise their personal image and physical and mental health and well being.



The next programme takes place on 12th/13th April & 17th May 2010 at Wolfson College, Oxford.
Call 07817 244636 or 01844 339756 for more information.

www.lookingglassconsultancy.co.uk/fresh_steps