



YOU HAVE THE SECOND SHIFT !!!

OPTIMIZING THE SECOND HALF OF YOUR LIFE™

...A self care workshop...

You must let go of who you are in order to become who you will be... Over the next twenty years you will inherit the life you are creating now! Second Shift Productions LTD, a self-care company, has produced a one-day learning experience called "You Have the Second Shift™". Because we believe your second half is your best half, we specifically designed this workshop to help you develop a plan and process which will lead to an optimal life—a life which reflects your highest values and goals. Contrary to what some believe, for second shifters the best lies in your future, not your past. We invite you accompany us on this most noble journey of learning, growth and self-discovery.



- ◆ Remain healthy, active and vital as you pursue your optimal life goals!
- ◆ Make the best use of your most valuable asset— the years you have ahead of you
- ◆ Systematically implement life changes leading to the achievement of your vision of optimal living
- ◆ Learn how to care for those who are most important to you without neglecting yourself
- ◆ Live a life of purpose, contribute to your community, and leave a legacy
- ◆ Mobilize your talents, assets and strengths — make your second half your best half!

The Problem

You have:

The inescapable feeling and belief that your best years are behind you and what you are doing now is simply not working!



The Solution

You need:

- ✓ *A New Perspective & Mind-set—*
- ✓ *New Expectations & Goals—*
- ✓ *Renewed Energy & Vitality—*
- ✓ *An Innovative Strategy & Processes—*
- ✓ *New Tools—*
- ✓ *New Results—*

The You Have the Second Shift Workshop



This is a unique one-day learning event for mature adults filled with cutting-edge learning activities which are interactive and fun—designed to help you build skills and acquire the knowledge you need to get the best from the second half of your life. Topics include: self-appraisal, envisioning, self-care and self-sabotage and maximizing your strengths rather than lamenting your weaknesses

What you will receive

- 1) A comprehensive tool-kit to help you develop and implement your life optimization plan
- 2) A strategy to help you overcome the persistent barriers preventing you from getting the results you want for your personal life or career
- 3) A 90 day quick start plan to help you get on track
- 4) A plan to identify and leverage your strengths to advance your goals
- 5) A methodology (system) you will use to capitalize on the many assets of maturity to realize your vision of optimized living
- 6) Learn what it takes to maintain and sustain progress!
- 7) A comprehensive participant manual that you will not just sit on the shelf—you will reference and consult it time and time again on your journey to realizing goals!

-What road should you take to get where you need to be?-



April 13, 8:00am-4:00pm

Tinley Park Convention Center
18451 Convention Center Drive
Tinley Park, Illinois 60477

Call: 708-991-2161 or 708-249-6171
Or visit us at: www.second-shift.com

About Us

Facilitators: Leonard and Rudina Johnson, a husband and wife team are engaged in and enjoying their second shift. With dual competencies in strategic planning, counseling, conflict management and communication strategies, Leonard and Rudina make **learning a fun experience!**

Total Cost:
Just \$79.00