

Optimizing Your Second Shift™

You are between 40-65 years old; imagine that you know you have twenty years to do whatever you wanted? What would you do? What would keep? What would you leave behind?

Best Performance Systems, Inc., presents a training program for baby-boomers called Optimizing Your Second Shift™. You'll explore these questions and more!

This workshop is a **powerful learning experience** where you will reflect, discover and begin to build skills to help you to maximize your future.

You will **begin with your life goals** and create for yourself a strategic, systematic and integrated process for producing the outcomes you desire for each area of your life.

Why Now?

The facts are: Things are changing!

We are living longer, we are taking care of children and parents at the same time and it is harder to sustain viable employment. In spite of the difficulties, the opportunities have never been greater! You can have a Optimized Life! Here's how....



In one day, you can learn the critical skills and knowledge required for you to maximize the second half of your life!

How...



"Better Living through Learning"



Did You Know?

- 87% of Second-Shifters™ want to take better care of their physical health
- 72% plan to spend more time on interests and hobbies
- 47% want to make the world better by volunteering
- 44.7% of people 44-70 are interested in pursuing *encore careers*
- Americans reaching 65 today have a average of 17.9 years of life expectancy

"A man is not old until regrets take the place of dreams..."

John Barrymore

The Second Half of your Life:

Presents many opportunities as well as also critical issues which must be addressed!

- 1) How do I maintain viable employment and income at a time when employers are downsizing, looking for cheap labor and we are dealing with a economic down-turn?
- 2) How do I maintain optimal health and energy as I am getting older in an environment of increased healthcare costs?
- 3) How do I ensure I have enough money to retire and I won't outlive my resources?
- 4) Can I manage to take care of my parents, myself and by the way, my college educated child still does not have a job?
- 5) How do I maintain a balanced life and peace of mind when the responsibilities I have are greater than ever before?
- 6) What to I need to do to ensure I am learning and growing in a way that fulfills my true potential and is satisfying to me?
- 7) What do I need to do to continue to make a significant contribution and leave a legacy for those I care about?

So, what is holding you back from what your really want?

- ⇒ The wrong perspective/mindset
- ⇒ Personal financial concerns
- ⇒ Health challenges/lack of energy
- ⇒ Poor self-management of attitude and time
- ⇒ Familial Relationship Issues
- ⇒ A lack of a cohesion plan that leverages your strengths
- ⇒ Continuing to sabotage your own effects

You cannot control everything in your environment, *but you can control You!* You are your own best solution! You have talents, abilities, creativity, and wisdom gained from years of experience. Maximizing these skills will give you a distinct advantage in meeting your life's goals!

You will learn to:

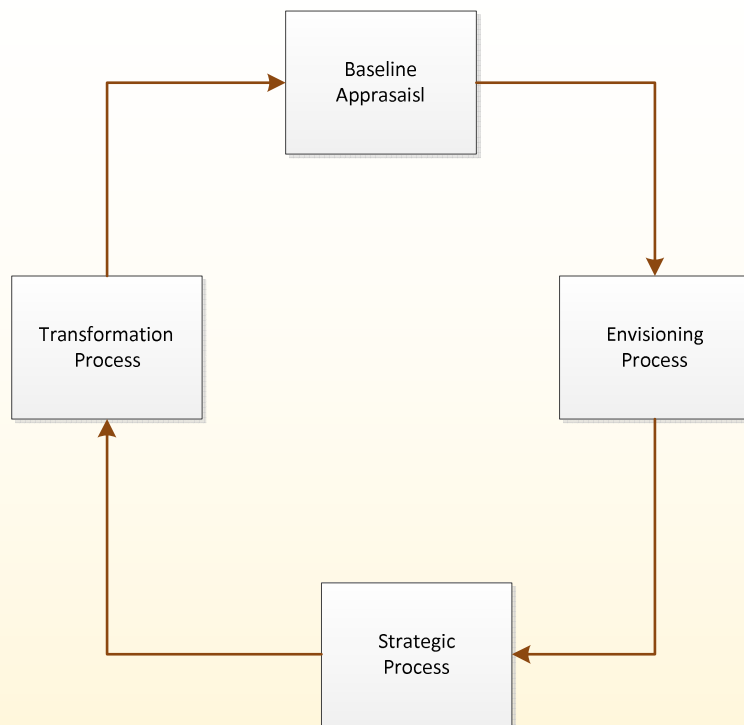
- ♦ Accurately evaluate your present situation to determine what needs to change
- ♦ Create a realistic but inspiring vision of where you need to be in three years in order for you to have an optimized life
- ♦ Set an agenda and process that will leverage your strengths and close the gap between where you are now, and where you want to be
- ♦ Build a system which will enable you to implement your strategy and to see results within 90 days!

What you will gain

- ♦ A realistic plan that is sustainable and puts you in control of your life-possibly for the first time!
- ♦ A 200 page manual that is full of resources and tools to help you meet your goal!
- ♦ Most importantly, a new mind-set of confidence, optimism and hope!
- ♦ The joy and satisfaction of sharing and receiving the wisdom and experience with your peers!



Beat Performance Learning Model



The Best Model is based on proven research and practice.

We share with you what we know works!

Topics covered during the learning experience include:

1. Define of the Second Shift
2. Explain seven trends and issues which will define the Second Shift and the reasons for change
3. Review the principals of change four components of the B.E.S.T.™ change model
4. Introduce the Second Shift mind-set and the advantages of the mature brain
5. Define the baseline appraisal process and its importance
6. The four step model for life appraisal
7. The seven-part life dimension perspective
8. Developing a gap analysis and goals
9. Develop optimal outcomes for each life dimension
10. Implementing your strategic plan and agenda
11. Risk Management: how not to sabotage your plan
12. Momentum, measurement, motivation and monitoring: staying on tract

What is different about this workshop?

It's fun!

Using humor and true to life anecdotes, the training is truly an interactive learning experience:

It's Innovative!

The latest trends, techniques and research are applied to today's issues!

It's for you!

You design your own plan. You set your own agenda. It is all about you!

Who are we?

We are Leonard and Rudina, and like you we are baby-boomers. We have been married for 25 years, raised two (girls), taken care parents, put one child through college and recently put one in college! We are very familiar with the changing patterns of the Second Shift!

For over 10 years, Best Performance Systems Inc., has been committed to helping people live a "better live through learning" Learning? Gaining the self knowledge and awareness and skills necessary to live an optimized life. We believe when you learn to apply and then leverage the strengths gained over a lifetime, the Second Half of your life can be better than the first!! We have worked with large organizations and individuals, strategically helping them to maximize and optimize their performance.



To begin to optimize your future...

Call us at (708) 249-6171

They Say that the "madness is in the middle". We say the best is yet to be!

Clients Lists includes:

- ♦ YMCA of Chicago
- ♦ UnitedHealthcare
- ♦ National Louis University
- ♦ Philadelphia School District
- ♦ Jane Adams Hull House

Best Performance Systems, Inc.

www.second-shift.com



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