

## Reasons why not to do it.

Some of the reasons for not doing this Programme include;

- I am not sure this is right for me. Best to read the details on the programme, reflect on what others have said about it and complete the Living and Working in an age of longevity questionnaire, and then decide.
- I am not sure I am ready for it. You may not be ready for it or maybe you just need to give yourself permission to do it. Again completing the questionnaire will help you decide. If a majority of questions resonate with you then the chances are that you are ready.
- I can't make these dates and times and it's too far away anyway. You may not be able to make the dates and times and for practical reasons it may not be possible to attend. You'll know. It may however also be that you are not used to prioritising your own interior needs.
- I don't like walking into a group of people I don't know, into a place I am unfamiliar with and with a facilitator I haven't met. Quite normal. What you'll find though is that everyone else is feeling a bit the same; are unfamiliar with the space, probably haven't met the facilitator and are feeling slightly awkward at doing a Development Programme at this stage of their lives. Soon after you'll realise just how much you have in common.
- I don't know what to compare it with. There are other courses, workshops and speakers that touch on many aspects of development, but few that focus specifically on development for employees in their fifties, hence the title of this programme.

- I am not sure about the cost/investment? Compared to the large investment you are likely making in meeting your exterior needs, this is likely to be a relatively modest and small investment in your interior needs.
- What will I get from the programme? Time and space to review where you are now, how you got here and where you are going. Renewed energy, meaning and purpose to your life and work as well as a set of practical steps to help you re-engage, re-connect and move forward

You may also hear yourself wonder....

- Can I not just find something new and get on with it? When we were young adults often asked us, “so what are you going *to be* when you grow up”? It’s a tough question and one that you are perhaps surprised to have to address again now as make this transition into this next stage of our life.
- Where else can I go to figure this stuff out? Ask friends and family? While full of the best intentions, friends and family are heavily invested in keeping you as you are. Ask Society or the organisations you work for? Until recently, society or organisations were not that interested in what you’ll do in the next stage of your life. As they, like you, are beginning to realise the implications of living and working in an age of longevity, this is beginning to change.