



## **The Soft Side of Retirement - NOT!**

**Presented by Brent Pickard**

**Date: Monday, October 30th**

**Location: Creekside Hall, Canmore Srs. Centre**

**Time: 2 p.m.**

This is a presentation which brings often neglected aspects of retirement or aging into the spotlight. While recognizing the importance of managing one's health and resources as a preparation for retirement, this presentation will focus on the emotional, psychological and spiritual requirements which are essential for successful retirement. Simply put - one wants to be happy and, to achieve that state, one needs to matter. Mattering has several dimensions which, among other perspectives, are explored in this presentation.

Dr. Pickard has resided in Canmore since 1999. As an educator practising in schools, universities, government agencies and a consultant in international education, training and project management, his recent interests focus on learning, understanding and applying psychological and spiritual concepts in the "retirement" phase of living.

*Coffee is available and discussion encouraged. Donations are welcomed.*