



## ABFI FAMILY LEADERSHIP SERIES

# LIFE AFTER WORK: A HOLISTIC APPROACH TO RETIREMENT PLANNING

Date: **June 28, 2022** Time: **11:30AM-1:00PM**

Cost: **FREE**

Online Workshop

**FREE REGISTRATION**

### Description:

People are living longer, healthier, and more active lives. While some of us will work full or part-time beyond our 60's we can easily see 20 – 25 years in retirement. This doesn't mean that work won't play a roll, but what we do and how we do it will change.

We are complex human beings with a hierarchy of needs that contribute to our happiness. When we leave fulltime work, we leave behind a way of life that met those necessary needs. Taking the time and making the effort to plan beyond financial security can determine a person's success in retirement and their ability to thrive.

A holistic approach to retirement considers aspects such as finding a new purpose, taking care of emotional and mental wellbeing, addressing differences in primary relationships, and looking for ways to contribute to society.

Retirement is no longer seen as a withdrawal from life but instead a different way to immerse ourselves into life where we can accomplish and satisfy our hidden curiosities and dreams.

### Objectives:

- Expand your retirement plan to include seven non-financial considerations
- Discover where you are on the retirement path and your next steps
- Understand the areas that may be roadblocks to thriving in retirement
- Explore strategies to address the darker side of retirement such as lack of motivation, boredom, and depression



**Presented by:**  
**Russel Baskin, CEC,**  
**CPRC, FEA**  
**Trella Advisory Group**

Russel is a Certified Retirement Coach and a Family Enterprise advisor. For the past 15 years, she has been working with families and advisors in a variety of capacities. Russel brings a human development background and a passion for family relationships to her coaching, consulting, and education work. Before joining Trella Advisory Group, she was the National Director of Education and Programing for Family Enterprise Canada. Russel has consistently prioritized the development and implementation of insightful, comprehensive education opportunities to guide individuals, families, and their advisors to make better decisions, gain clarity and think strategically. A creative thinker and direct communicator, Russel is committed to the success and excellence of all her clients. Her eclectic life experiences have equipped her with the ability to suspend judgement, listen acutely and help others find the most effective path forward.

Russel has travelled extensively, and has lived and worked in England, Hong Kong, United States, and Canada. She considers a sense of humour an essential component to life. She now calls Toronto, Ontario home

Brought to you by Canadian Western Bank

[abfi@ualberta.ca](mailto:abfi@ualberta.ca)

