

# MIDLIFE AS AN OPPORTUNITY

FOR ORGANIZATIONS AND THEIR MIDLIFERS



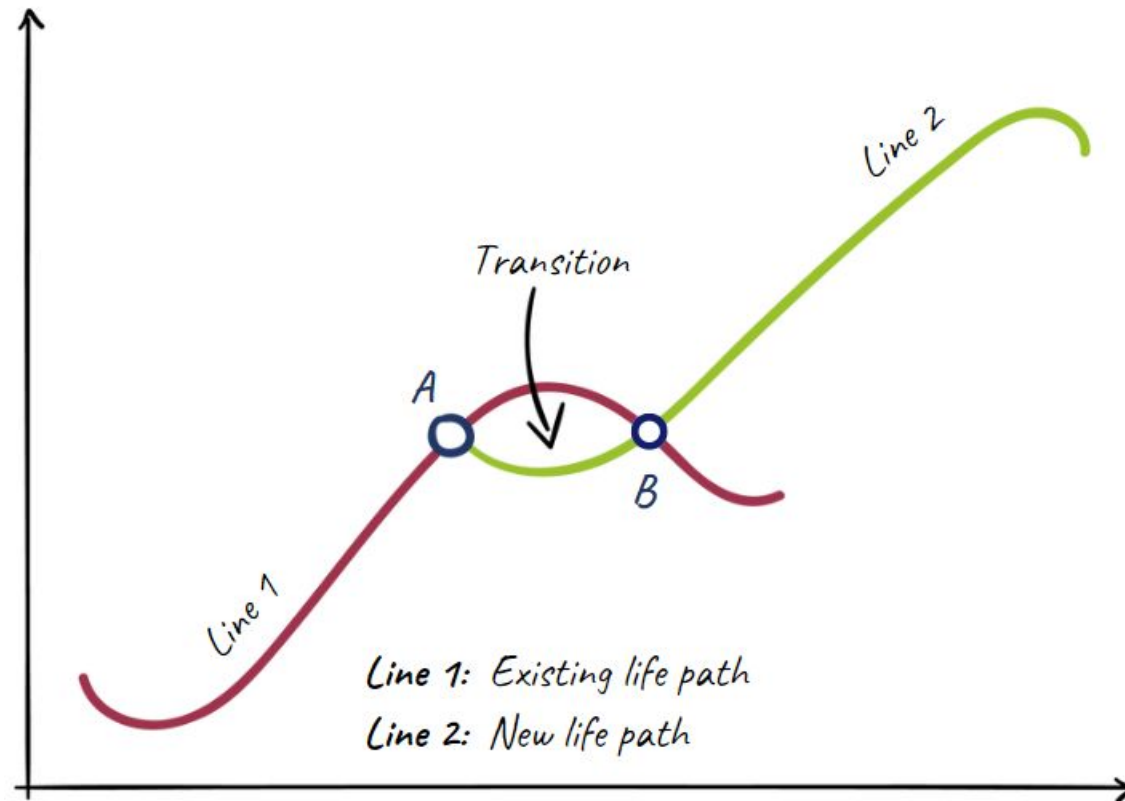
*Are we ready?*

# CONTEXT

What has changed in the last few decades?

We had been given a few more decades of life. Longevity is one of the greatest achievements of civilization. This significantly impacts the society demography.. For the first time in history, there are more people 60+ than children under the age of 5 in the world. Employees over 50 and even over 60 are the fastest-growing group in the workplace. At the same time, ageism is still a big bias of organizations.

# MIDLIFE DEMANDS INCREASED ATTENTION & ACTIVE COOPERATION OF MIDLIFE EMPLOYEES AND ORGANIZATIONS



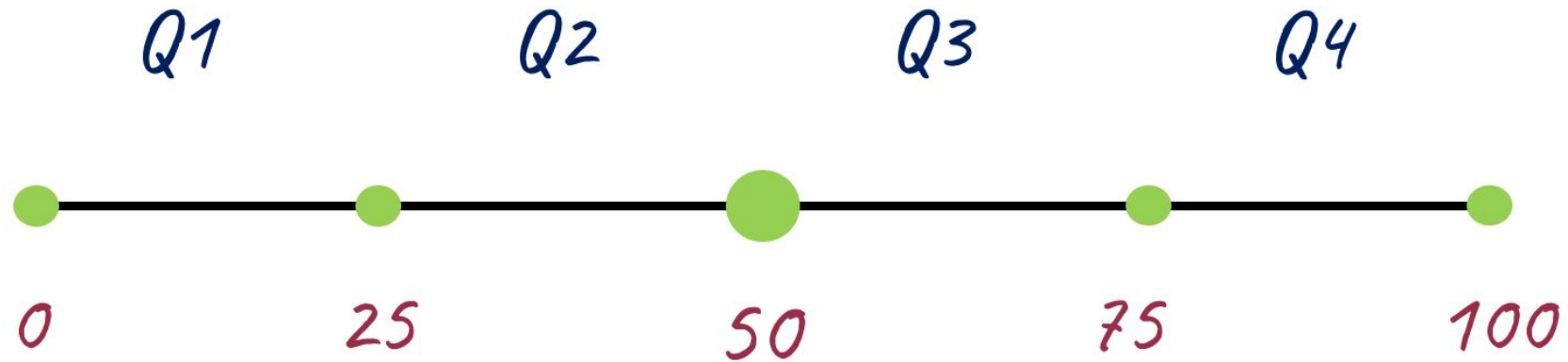
# WHAT DOES THIS MEAN?

As individuals, we will have to learn how to live longer. Midlife becomes the longest part of our lives. If we are just 50, we are still only halfway through our productive life. The concept: school, work, retirement is dead. The 3rd quarter has entered our lives. This changes the context of the entire productive life. Organizations will also have to adapt to the new reality in order to remain attractive to talent, regardless of age.

Do you perceive this as a risk or an opportunity?

The time has come to be clear about this.

# Q3 CHANGES THE PERSPECTIVE OF THE WHOLE (NOT ONLY PROFESSIONAL) LIFE



# RISKS OF INACTIVITY?

Underestimating irreversible demographic changes will have a negative impact on the sustainability and competitiveness of the organization and, ultimately, on the entire economy. Conscious and wise mastering offers many opportunities for individuals, organizations and society.

## *For organizations*

- Loss of key employees and their know-how
- Unattractiveness of the employer for talents of all age groups (including 50+)
- Clashes between generations in the workplace

## *For individuals*

- Loss of meaning, relevance (and consequently engagement)
- Decrease in the quality and satisfaction of life (and consequently a negative impact on company culture)
- Getting stuck and bitter

# MMM - WHO ARE WE? OUR MISSION

We are here to raise consciousness, vitality and wisdom across generations of leaders. Our goal is to support the transformation of middle-aged people, facilitate intergenerational cooperation through the exchange of knowledge and the development of value leadership. We inspire leaders to make conscious life decisions more often and thus fulfill their full potential, living happier and more satisfied lives.

# FORMATS

## 1) *Wonderful midlife™*

Transformation academy and mastermind groups focused on employee well-being in midlife (> 45)

## 2) *Inspirational lectures and workshops*

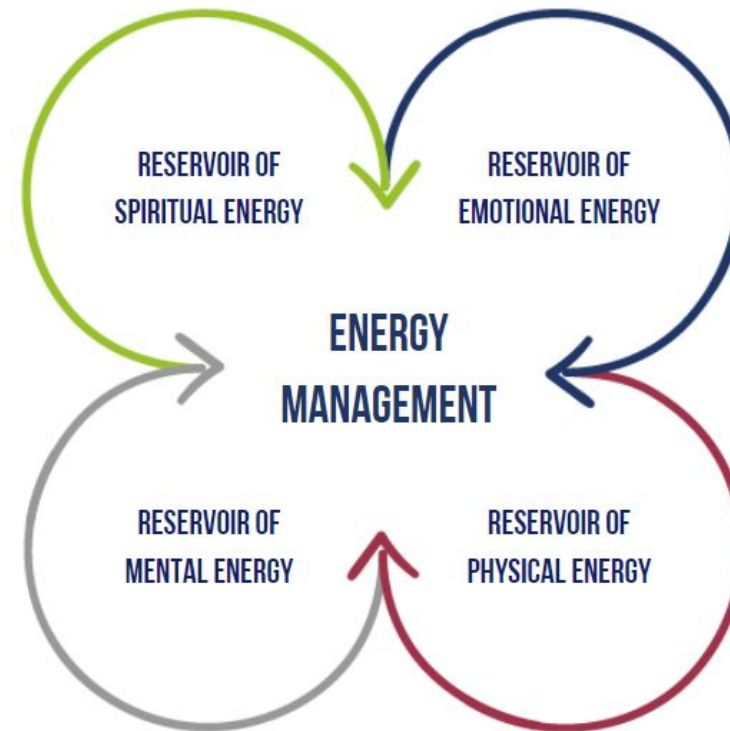
Inspirational lectures and ideation ws ranging from 30' to a day, eye-openers, context clarifications, first steps and ideas

## 3) *Mentoring*

Individual mentoring for key employees and top leaders with experienced midlife mentors (cz, eng)



# WONDERFUL MIDLIFE™ & ENERGY MANAGEMENT



# WONDERFUL MIDLIFE™ - content (1/2)

## INTRODUCTORY "WELCOME" SESSION

How does it all work and what will it be about? What do I have at my disposal and how do I get exactly what I need out of it?



## BLOCK I

### GET READY

What is actually „midlife“ all about? How to take your life into your own hands? How to look at the world and ourselves to live long, healthy, happy, meaningful and fulfilled life?

### GET CLEAR

Who am I? What are my gifts, passions and dreams, values? What have I been through, where am I now? What can I build on and what do I want to move forward?

Tips for working with online materials, videos, journaling and quests in the meantime.

## BLOCK II

### GET VIBRANT

If we want to change, move or solve something, we need to have the energy to do it. Energy in general is a precious commodity that we should learn to handle and recharge and invest wisely for the second half of our lives.

In this block, we will deal with our 4 interconnected worlds - physical, mental, emotional and spiritual energy.

Tips for working with online materials, videos, journaling and quests in the meantime.

# WONDERFUL MIDLIFE™ - content (2/2)

## BLOCK III

### GET FREE

If we want to change something in our lives, we need to create space for it. This often requires courageous decisions about big things as well as small everyday things and topics that we have brought into our lives over the past decades.

### GET GOING

And finally, whatever we plan requires the ability to really move things forward. How to do it? How to persevere and make small and major changes in your life naturally, wisely and sustainably and keep on track?

Tips for working with online materials, videos, journaling and quests in the meantime.

## FOLLOW-UP

Meeting together looking back, reminding, refreshing cooperation and mutual support in smaller groups,. Using power of mastermind.

## ONLINE SUPPORT SPACE DURING THE PROGRAM + 12 MONTHS

An online space where participants have access to:

Videos and reading materials

Worksheets for individual topics

Questions for Individual Journaling

Quests to complete in everyday practice

Assignment for sharing in pairs / triplets

# WONDERFUL MIDLIFE™ *Forms*

## BÁJEČNÝ MIDLIFE ONLINE

I NA DRUHOU POLOVINU  
ŽIVOTA SE MŮŽETE TĚŠIT  
*Registrace otevřeny!*



Online program plný inspirace, konkrétních tipů i otázek k zamyšlení, který vám pomůže užít druhou polovinu života se vším, co přináší.

Jděte svým tempem a ponořte se právě do takové hloubky, do které se vy osobně ponořit chcete.

## BÁJEČNÝ MIDLIFE PREMIUM

I NA DRUHOU POLOVINU  
ŽIVOTA SE MŮŽETE TĚŠIT  
*Připravujeme další běh*



Kombinovaný 8-týdenní program spojující individuální online rozvoj se setkáními se zajímavými hosty a inspirativní ve skupině.

Nechte se vést, inspiřujte se od skvělých hostů a odborníků z oblasti byznysu, moudrého designování života a těch, kdo si opravdu umí užít druhou polovinu života se vším, co přináší.

## BÁJEČNÝ MIDLIFE AKADEMIE

LIBCHAVY  
PODZIM 2023



Jádro unikátního 4 měsíčního programu tvoří série dvou profesionálně vedených relaxačně-vzdělávacích setkání v nádherných Libchavách a 4 online workshopů, které vám umožní načerpat síly, znovu definovat svůj životní cíl a poslání, zvýšit sebe-vědomí a otevřít nové perspektivy.

## WONDERFUL MIDLIFE ONLINE

- From anywhere, at your own pace
- For anchoring, inspiration, first steps
- As an axis for cooperation with an internal/external mentor
- As part of the benefits / cafeteria in the organization

MODERN  
MIDLIFE  
MENTORS

## WONDERFUL MIDLIFE PREMIUM

- From anywhere, together with the group
- To start, anchor and connect with other midlifers and interesting guests
- As a tailor-made program for your organization or your employees as a part of group of midlifers outside your organization

## WONDERFUL MIDLIFE ACADEMY

- Transformation program based on personal interaction with experienced guides
- A series of two-day sessions in a group of midlifers
- Inspiration, guides, interaction and independent thinking
- As a tailor-made program for your organization or in connection with midlifers from other organizations

# IN MMM PROGRAMS, YOU WILL FIND OUT...

## *For organizations*

- How to cope with ageism in the workplace.
- Why to perceive demographic developments as an opportunity.
- Which myths need to be debunked and made aware.
- What the best organizations do, and what you can do for "age diversity".

## *For individuals*

- How to design, manage and cope with your midlife transformation.
- How to consciously prepare for the second half of life.
- How to manage my energy in all 4 areas of life.
- How to minimize the risks that midlife brings.



# MODERN MIDLIFE MENTORS

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