

DESIGNING YOUR NEXT CHAPTER

A PROGRAM FOR C-SUITE LEADERS

Are you about to start a new life chapter and wondering what your future path might hold for you?

Perhaps you are approaching retirement, transitioning out of your company, just sold your business, or you are considering a fresh start due to a change in life circumstances.

Or, perhaps after many years as an executive you are wondering: Is there a fulfilling life after being a top executive? What will you do with yourself?

Taught by Natalie Michael, Executive Coach, and Brian Conlin, Past CEO and Executive Coach, this weekend retreat will help you proactively define your next chapter.

Designed for CEOs and Top Executives, this is an intensive weekend that will help you design a next chapter that is vibrant and fulfilling, but also flexible. Participants typically want work to be a compelling part of their life, but not necessarily as dominant a force as in the past.

Throughout the weekend you will complete a suite of exercises, tools and workbooks that incorporate experiential exercises related to transitions and life design. Many of the tools come from Design Thinking¹, a methodology that advocates coming up with multiple future scenarios and prototyping new directions. You will join a community of other talented executives. Your peers in the program will help you develop high value ideas that are likely better than anything you could develop yourself.

SPEND A
WEEKEND
WORKING
ON THE MOST
IMPORTANT
PROJECT OF ALL
– YOUR LIFE.

¹ Based on the work of Bill Burnett and Dave Evans of Stanford University and their book “Design Your Life: How to build a well-lived and joyful life”

RETREAT OVERVIEW

- > A Pre-retreat Workbook and personal coaching session with one of the facilitators to begin the Next Chapter Design process
- > A 60 Minute Webinar before the weekend to meet your cohort members and better understand what to expect
- > A welcome reception and dinner upon arrival to set the stage
- > Workshop sessions from 9^{AM} to 5^{PM} on Saturday followed by a gourmet dinner on Saturday; then wrap up session on Sunday from 8:30^{AM} to 1^{PM}
- > A one hour post retreat coaching session with the instructors to help you put your insights into action
- > A 90 minute post-retreat webinar with your fellow participants for follow up accountability and peer mentoring

YOUR NEXT CHAPTER VISION

What is waiting around the corner for you?

How would you be starting each day?

Who would you be spending time with?

What is the blank slate you want to give yourself?

PROGRAM OBJECTIVES

ENVISION THE FUTURE

> In this program you will:

- + Envision three future scenarios that would be fulfilling for you and help you to develop a strategy to prototype your best ideas.
- + Look at your situation from the lens of transitions while considering the transitions of your other family members (children, parents, partners) and how they impact your own.
- + Reframe your transition by creating a productive narrative about what you are creating in your life, and why, and disarm dysfunctional beliefs.

EXPLORE UNLIVED LIVES, CREATIVITY AND SPIRITUALITY

- > Explore what kind of roles you have had in the past and determine what you need in a role to be challenged, and fulfilled.
- > Discover what parts of yourself you have put on hold up until now to pursue your career and raise your family, and how you want this to be similar / different moving forward.
- > Clarify the extent to which spiritual growth influences your priorities and what this might mean for your character development and priorities.
- > Better understand the mixed emotions that come up during transitions and how to move through them constructively.

GIVE BACK

- > Clarify how you want to contribute to the world, and create a supported action plan, providing a 60 day post workshop checkpoint with your cohort.
- > Increase your connections, and clarify what relationships are important for your three future scenarios.

DATES

PRE-WORK

- > **May 2019** | Complete Pre-work and coaching session
- > **Tuesday, May 14** | 3^{PM} to 4:30^{PM} Welcome webinar to meet your cohort

RETREAT AT BREW CREEK CENTRE

- > **Friday, June 07** | 6^{PM} Opening Reception
- > **Saturday, June 08** | 9^{AM} to 5^{PM} Workshop plus dinner + discussions
- > **Sunday, June 09** | 8:30^{AM} to 1^{PM} Workshop

POST RETREAT

- > **Thursday, August 15** | 10^{AM} to 12^{PM} Follow-up webinar to ensure progress

TO APPLY

If you are interested in participating in this program please contact Natalie at natalie@waterfront-partners.com or Brian at brian@waterfront-partners.com.

Applicants are carefully selected to ensure the overall success and benefits of the group and to make sure it is a right fit for everyone involved.

IDEAL PARTICIPANTS

- > **Held a C-Suite; other top executive position; family business leader**
- > **Interested in personal development and growth**
- > **Willingness to contribute to the success of the cohort**
- > **Able to commit to full weekend + webinars**

INVESTMENT

\$3,200 PLUS TAX.

This includes: \$2500 for a pre-session workshop, a pre-and post coaching session, weekend retreat, and a pre-and post group webinar.

\$700 for two nights accommodation at the Brew Creek Center, a four-star lodge near Whistler BC and all gourmet west coast themed meals.

VENUE:
BREW CREEK CENTER
thebrewcreekcentre.com

A secluded sanctuary in an intimate forest setting surrounded by nature. People come here to make lasting commitments, unplug, share, reflect, rejoice, find inspiration and connect.



THE FACILITATORS

> **Brian Conlin** is a CEO-Coach and CEO Succession Advisor, and the past Global CEO of Golder and Associates, a billion dollar plus organization. After his role at Golder he went through a next chapter transition himself, re-positioning his career to coaching and Board work, and becoming a grand-father for the first time.



> **Natalie Michael** is a C-Suite coach and CEO Succession Advisor with more than 15 years experience coaching hundreds of executives. She has designed leadership, career, and coaching programs for Fortune 100 companies, start-ups, and individual clients. So far, her two key transitions were when becoming a mother, and at mid-life (a bit more than she bargained for).

ADVISORY PANEL

We designed this program with the generous support of an advisory panel.

A SPECIAL THANK YOU TO

- > **Drew Collier, President**, LGM Financial
- > **Riyaz Devji**, fmr CEO, North American Tea and Coffee
- > **Gord Nelson**, fmr Regional VP, Rogers Communications
- > **Walt Sutton**, Entrepreneur, CEO Coach and fmr CEO/ business owner

TO LEARN MORE PLEASE CONTACT

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