

### Resilience Training for the over 50s

This 12-session coaching programme, helps prepare people in their over 50s for the years to come.

Those taking part will be coached on how to maximise their energy, extend both lifespan and healthspan, understand how to plan for future financial commitments, and plot their next steps in relation to jobs/careers.

The programme initially serves as a ‘mid-life MOT’, to then develop a resilience plan going forward.

Its starts with the question: ‘If money, health and energy were no object, what would you do?’

Each session lasts between one hour and 90 minutes, with exercises and research to conduct between each meeting. Coaching sessions can be virtual, face-to-face, or a combination of the two; whatever suits.

The table below maps out the coverage of the programme:

Theme	Topic
Job/ Career	Current role
	Qualifications & Current skill set
	Retirement plans
	Understanding values and purpose t
	Ambitions going forward
Health, fitness and diet	Current situation
	Potential health challenges
	Health, diet and fitness checks and monitoring
	Ambitions going forward
Wealth and financial planning	Incomes sources
	Outgoings, expenditure and cashflow
	Future projections – a range of outcomes
	Link to job and health plans

There is no particular starting point with the three themes; an introductory session will determine the client’s priorities and the most appropriate way forward.

The Hill Tribe Resilience coaching programme for the over 50s is priced at £2,000 (inclusive of VAT). Specialised packages are available, for those who want to focus on a specific theme.

Please contact us at [hello@thehilltribe.co.uk](mailto:hello@thehilltribe.co.uk), to find out more.