

# Retirement ... from endings to beginnings.

***Retirement is more than just financial security; it is a change of lifestyle.***

***Be prepared... plan ahead... chart your course!***

What is important in your life right now?  
What will be important to you in retirement?

Learn how to anticipate potential grief and stress issues and tackle them head on.

Learn strategies that will help you ease into this new phase of your life:

- ◆ Become a better listener
- ◆ Develop a stress survival program
- ◆ Handle your loss and grief
- ◆ Identify your goals and objectives
- ◆ Set time frames
- ◆ Review the process periodically
- ◆ Achieve balance in your life

You will come away from this workshop with a practical grasp of retirement issues and the tools to deal with them.

Denis and Terry have been presenting workshops for over 30 years. These two accomplished and entertaining speakers are now collaborating to present a workshop that focuses on the emotional and life-style planning aspects of retirement.

*“The retirement workshop presented by Terry Colton and Denis Boyd ranked among the top few at the Awareness Conference. Not only was it very informative and topical, it was professionally delivered with much humour. We won’t hesitate to have them come back to the next Conference and repeat this workshop.”*

*- Awareness Conference Coordinator*

**To book a half day or full day workshop,  
call 604 931-7211,  
or e-mail Denis or Terry at  
denboco@denisboyd.com**



*Denis Boyd, M.A.*  
*Registered Psychologist*

Denis Boyd received his Master of Arts degree from the University of British Columbia in 1977. He started working as a Registered Psychologist at that time and opened his private counselling practice in 1982. Denis is the co-founder of the first hospice program in B.C. and continues to consult with several hospice and palliative care programs.

He presents about 50 talks each year on a variety of topics: Marriage Can Be Great, Building Healthy Self-Worth, Emotional Intelligence, Listening Skills, Stress Survival, Managing Change, and Parenting Skills. Denis has also produced three talks on CD or audio tape format titled: “Marriage Can Be Great”, “Stress Survival”, and “Living Through Grief.”

Denis is a member of the B.C. College of Psychologists (#00399), as well as the B.C. Psychological Association. Most importantly, Denis has been married to Maureen since May 1972 and they have four children.



*Terry Colton, Ph.D.*  
*Professional Retirement  
Planner*

Terry Colton holds a Doctorate in Social Psychology. He has presented numerous workshops in: Financial & Lifestyle Planning, Interpersonal Relationships, Team Building, Conflict Resolution, Improving Workplace Relationships and Retirement Planning.

His background as a high school teacher, adult educator, family and marital counsellor, coupled with his experience in the financial services area, allows him to provide Financial Counselling, Mediation, and Lifestyle & Retirement Planning for individuals and also through various Employee Assistance Providers.

Terry is a member of the Canadian Association of Pre-Retirement Planners, the Investment Funds Institute of Canada, Advocis, the Association of Financial Counselling and Planning Education, the Adlerian Psychology Association of B.C. Terry has been married to Tena since May 1967 and they have three adult children.