



Retirement: What to Expect and How to Prepare for It

A transformative webinar designed to guide participants through the challenges and opportunities of retirement. Discover strategies to nurture mental health, redefine identity, and find purpose and fulfillment in a new phase of life. Participants will also explore the power of self-discovery and social connections as they embark on personal growth and well-being.

CJ Calvert, Motivational Speaker, Author, Life Coach



CJ Calvert is a professional speaker and author of *Bouncing Back Through COVID-19*. He speaks on a daily basis before world-class organizations such as IBM, the U.S. Department of Defense, and the Golden State Warriors. Because of his expertise, he has presented on the TEDx stage in Vancouver and been a featured guest on Breakfast Television. He makes his home near Toronto, Ontario with his amazing wife and son.