

ExpertPlus presentation

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Selfmanagement (Elderly people)

- Successfully aging
- Essential role behavior and motivation
- Set goals
- Plan tasks
- Responsibility own performance
- Technological and physical changes
- Healthy work/private balance (energy)
- Positive psychology -> challenges

Selfmanagement (Young people)

- Also, important successfully aging at work
- Live the life you want and to be in control
- Own choices
- Others can help you
- Rapid developments and increased flexibility Responsible own career and health

Peer to Peer experience (Supervisor and Client)

Supervisor

- Sharing knowledge
- Not same mistakes
- Keeps you young! New insights
- Own method the best

Client

- Positivity!
- Easily admit things
- Much work / expectations and hopes
- Unclear personal situations
- Open collaboration
- Get to know each other

Peer to Peer experience (Own experience)

Michiel Stas & Guus Bruurs

Pros

- Experience and information
- Admiration work activities

Cons

- Difficulty with technological development
- Information transfer from one side

Peer to Peer experience (Own experience)

[Video Expert Plus - eigen ervaringen – YouTube](#)

Work after retirement (previous initiatives)

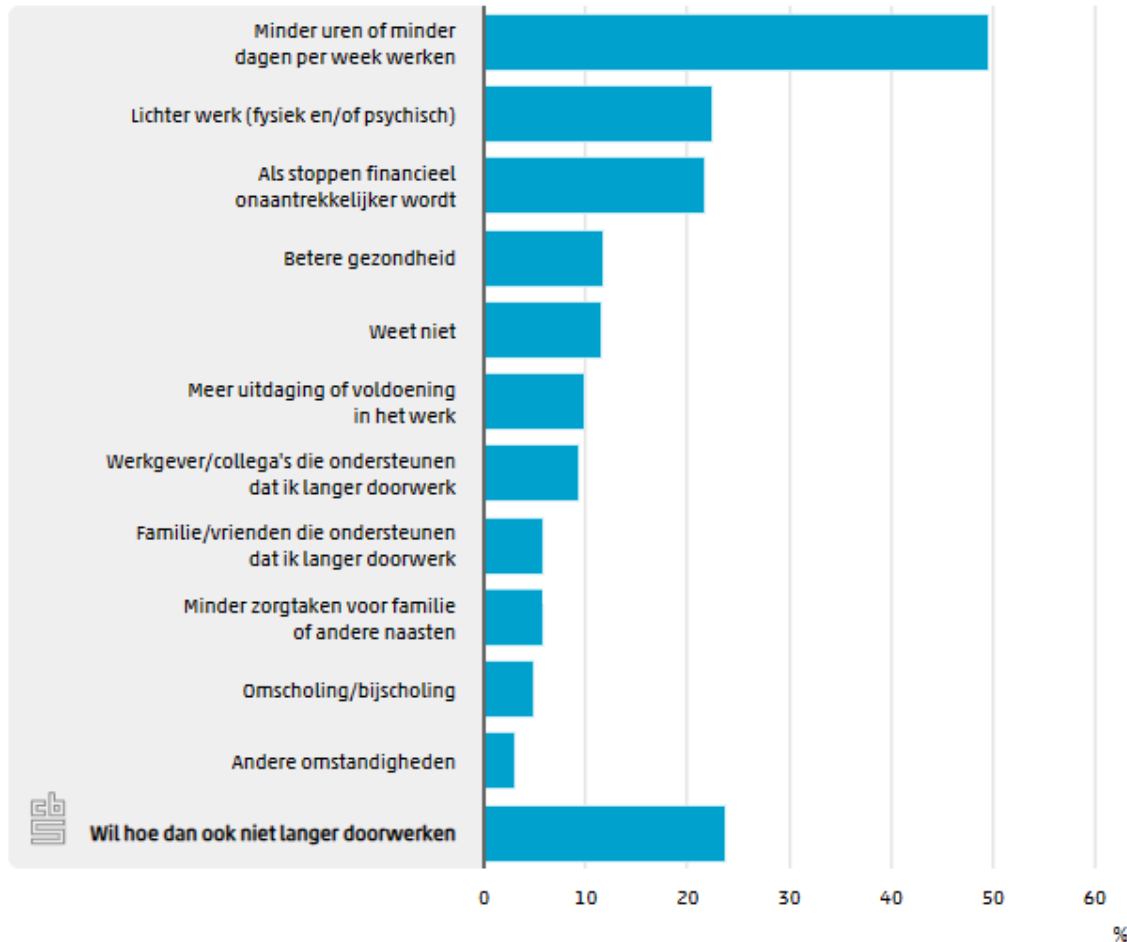
Vital craftsmanship TNO

- Match between work and employers
- Promote sustainable employability
- Retain mental retirement
- Slight reduce in participants

Research magazine van Soling (2023)

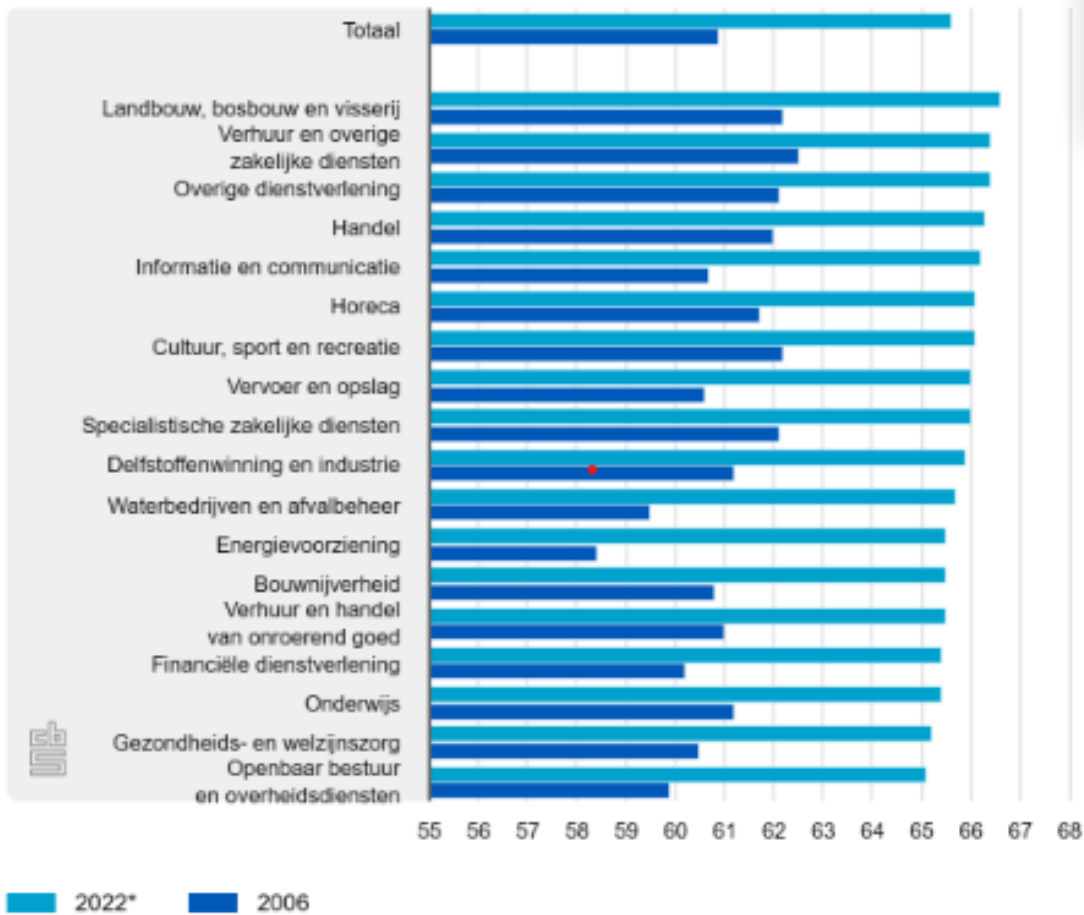
- Opportunity and conversation (retirement)
- 26,3% realizes plans

Omstandigheden waaronder werknemers (45 tot 65 jaar) langer willen doorwerken¹⁾, 2022



Charts (Research magazine van Soling)

Gemiddelde pensioenleeftijd werknemers



* voorlopige cijfers

Charts (Research magazine van Soling)
