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The British  
Psychological Society  
Wessex Branch

# Preparing for a multitrack life-career: Working and living in an age of longevity

Lawrence Lecture Theatre, Bournemouth University,  
Talbot Campus, Fern Barrow, BH12 5BB  
Thursday 2 November 2017, 5.15–6.45pm

**Dr Gaby Pfeifer (Postdoctoral Research Fellow, Brighton and Sussex  
Medical School, University of Sussex)**

We live in an age of longevity, where a life expectancy of up to 100 years is becoming the norm, and, for many of us, this may involve having to work longer to support ourselves financially.

However, work itself is becoming more diverse and flexible, offering an exciting variety of careers and opportunities for professional and personal growth across the lifespan. How can young people prepare for a multitrack life-career in view of a greater life expectancy?

And how do we need to restructure our social and working lives to retain a healthy work-life balance in the context of an extended work life?

Pre-event refreshments from 5.15pm with the talk and discussion from 5.30–6.15pm and networking and remaining refreshments from 6.15–6.45pm.

This is a free event and all are welcome to attend. Prior booking is required as places are limited.

For further information or to book go to:

[www.beta.bps.org.uk/Wessex-Life-Career-Nov17](http://www.beta.bps.org.uk/Wessex-Life-Career-Nov17)

For all queries, please email [MemberNetworkServices@bps.org.uk](mailto:MemberNetworkServices@bps.org.uk) with 'BPS Wessex-life-career-Nov17' in the subject line. Alternatively telephone during office hours on +44 (0) 116 252 9515 stating the name and date of the event.