

Wondering what's next in life?



Thinking about retiring but not sure how you'll fill your days?

Transitions are complex with many competing options.

Not having a basis to make decisions can be paralyzing and not having a plan adds to the stress and uncertainty.

THERE'S NO TIME LIKE THE PRESENT TO START PLANNING YOUR NEXT ADVENTURES!

The Life Master Planning Workshop includes a series of six sessions. These sessions lead you through a discovery process that results in the creation of your own life action plan.

What is driving your desire for a change?

Reflecting on your perceptions, perspectives and attitudes towards your readiness for your encore career and retirement will open your thoughts on the journey to get there and provide insights on what you can expect.



Where are you now?

Exploring the myths and misconceptions about the next phases of life will offer insights into assessing the physical, relational and financial aspects of your life. Knowing your life and career values will inspire your decisions and help to balance the priorities in your life.

*What areas of your life are thriving?
And which ones need a little more attention?*



Where do you want to be?

Once you know where you stand, you can begin the discovery process where you will uncover your life and new career values, dreams, interests, and envision the things you always wanted to do.



Wrap Up!

Congratulations!
You now have a life action plan to guide your transition into retirement. You've just completed a journey in itself – be sure to celebrate!



How do you get there?

Now that the destination is taking shape, it's time to ground it in the real world by making a plan. You will sort through decisions about how your time will be spent in leisure, volunteer, and work activities, where you will live and how relationships with others might change during this transition.

The exploration continues!

Your life is shaped by a continual journey of adventures. What does that look like? What were your greatest accomplishments and challenges in your life? Who were your mentors? What influenced your choices? Think about your interests that give you satisfaction and connect you with others who share similar passions. What are your interests?



Travel, hobbies, sports, education, etc.?

"To be able to fill leisure intelligently is the last product of civilization." - Arnold Toynbee



Retirement is a journey from one lifestyle to another.

Those who spend time thinking and planning for the trip are more likely to have fun when they arrive.

You may need additional support as you travel on your journey. It's common to be faced with unexpected roadblocks that you may want some help in navigating.

Talk to your facilitator about other coaching opportunities that may further inspire your journey.

What's the best approach?

It is highly recommended that you take this journey with your partner to uncover each other's hopes, dreams and aspirations, some of which may have been "silent" for many years – "I always thought we would retire in the desert." "What! You've never mentioned this before!"

Having these conversations now and creating a plan that balances your collective dreams and aspirations – including the silent ones or those not yet discovered – will be a holistic approach to embracing a more complete conversation.

I'm not retiring yet. Why start planning now?

Transitioning into your encore career takes approximately two years before and two years after leaving your primary career. Interestingly, many people spend more time planning a one-time vacation than they do considering one of the most defining moments and most multifaceted times of their life.

Creating your plan now will give you peace of mind, a sense of confidence and purpose, and the ability to align opportunities as they arise while you're working.

Get started now!

To schedule a workshop or for more information, please contact:

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