



## **CRAFT YOUR NEXT CHAPTER . .**

Psychological  
preparation:

The missing piece of your  
retirement puzzle

If you're in good health, retirement may be the longest phase of your life. Yet most baby boomers short-change themselves when it comes to planning for the psychological aspects of the decades that lie ahead.

Leaving your professional role may be the most significant transition of your adult life. For many business owners, exiting a business can have nearly the same impact as leaving a family.

Will you find yourself feeling bored, aimless, unproductive, or dissatisfied?

Our coaching programs are designed to help you navigate the waters as you transition out of your current position, providing peace-of-mind for late-career professionals and business owners. We offer you a framework and a process for exploring your values, interests, and priorities.

The 3 or 5 session packages (see below) help you answer questions and address concerns about the next stage of your life.

The transition from full time work can take many paths, but you owe it to yourself to be psychologically prepared.

Our coaching packages are designed to help you leave work on a high note and transition smoothly into a compelling next chapter.

### Basic Coaching Package

3 one-hour online coaching sessions with Dr. Gard held every other week. \$875

Topics covered typically include:

Your perspective and priorities for the future

Components of a successful retirement transition

Your values and identity apart from work

Lessons learned from past transitions

How your work history can provide clues for a satisfying future

### Enhanced Coaching Package

5 one-hour online coaching sessions with Dr. Gard held every other week. \$1275

Topics covered typically include:

Your perspective and priorities for the future

Components of a successful retirement transition

Your values and identity apart from work

Lessons learned from past transitions

Couples/Family issues

Creating a balanced life portfolio

How your work history can provide clues for a satisfying future

Framework for designing a purposeful life

Coaching sessions are provided by Dr. Larry Gard. With decades of experience as a psychologist, he will help you craft a smooth exit from work and chart a satisfying new future.

Visit [www.donewithwork.org](http://www.donewithwork.org) to learn more