



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 has almost 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 video coaching sessions with Dr. Gard held every other week. \$795

Topics covered include:

Your perspective and concerns about the future
Components of a successful transition
Your values and identity apart from work
How past transitions impact this one
How your work history can provide clues for a satisfying future

Enhanced Coaching Package

5 one-hour video coaching sessions with Dr. Gard held every other week, plus email support between sessions. \$995

Topics covered include:

Your perspective and concerns about the future
Components of a successful transition
Your values and identity apart from work
How past transitions impact this one
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 to learn more