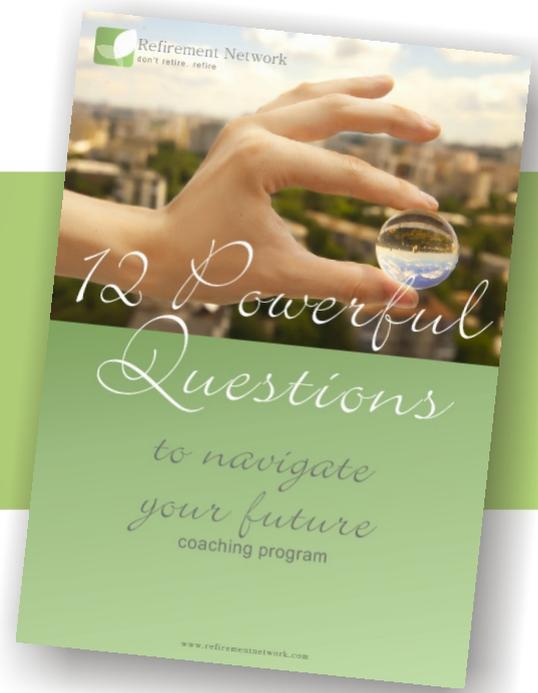




# coaching program



These 12 Powerful Questions were designed to help you as a baby boomer navigate the often turbulent transition from the working world into the type of retirement you are looking for. The questions aim to help you become as prepared as you can be, in all areas of life, for what lies ahead. They will help you start to visualise the type of retirement you want, and to open your eyes to what you could have, in the years ahead.

The world of work has changed dramatically in the last 20-30 years since the time our parents started retiring, and is totally different from the world that existed in the late 1940s and early 1950s when the concept of retirement was first widely implemented. As people are living longer, healthier lives the thought of 3 decades of leisure during retirement is not that appealing, especially to the active, progressive Baby Boomer generation who will prepare to retire in the next 5-10 years. So what can you look forward to in your retirement? What does retirement look like to the Baby Boomer generation?

## Baby Boomers

Baby Boomers refers to the group of people born between 1946 and 1964 who lived their teen years in the 1960s and 70s. Most boomers have worked hard with passion and commitment during their careers, but are now stopping to inquire about the lasting value of the outcomes they have achieved. Boomers have acquired both prosperity and position as signs of their success.

After some 30 years of hard work and professional achievement, the thought of retirement might be quite daunting. Our working careers provide us with many things besides an income and losing all of these in one go can have serious consequences if a person is not prepared for it. That's why the 12 Powerful Questions have been designed to help you prepare for what you want the future to hold, and how to make it a reality in your years after formal employment.

The reality is that modern medicine has extended people's life spans dramatically. Many boomers can now expect to live an additional 30 years after formal retirement age, most of these as healthy active citizens. Many boomers feel that they have not had the discretionary time they would have liked during their working life as they have worked so hard for their success. Many others might be looking for meaningful ways to make a contribution in the years ahead and leave a legacy. Perhaps you are one of those looking at ways that you can contribute and make a difference in your second half of life but don't know how.

As your engagement with formal work declines over the next few years, you will need to decide what to do next. But the good news is that this new season could be a time of liberation and exploration, finding out what you have always wanted to do and having the time, energy and resources to do it.

No other group in history has ever had a non-childrearing period in their adult lives where they are free to pursue their dreams, and healthy and wealthy enough to do so. This is a time to explore and discover the meaningful and productive roles and activities that you would like to pursue in the 20-30 mid-life years ahead of you before resting in your old age.

## The way the book works

The 12 Powerful Questions are designed to help you prepare for your withdrawal from formal corporate life and prepare for what lies ahead, in every area of your life, including:

- Physical and mental stimulation during retirement;
- Your fears and perceptions about retirement;
- Maintaining your unique sense of self and self-worth during retirement;
- How to bring order and direction into your life during retirement;
- How to thrive during retirement;
- Financial wellness for your retirement years;
- Fulfilment and personal meaning in your retirement years;
- Adult children and ageing parents;
- How to replace the 5 functions of work in your retirement years;
- Reaching contentment and peace in your retirement;
- Achieving growth and development in retirement;
- Connecting with others during retirement.

The 12 Powerful Questions will help you take stock of where you are in your life, to appreciate what you have and to envision what you want for the future. However, this is no easy task that can be completed over night. You will need to spend time on each important aspect raised by the 12 questions.

Each question consists of a one page write up, discussing a certain aspect of retirement and life thereafter. At the end of this there are 2-4 short questions that you are to complete. These are entitled the navigation journal as you are to journal your answers as you complete the book on your journey to retirement readiness.

You should not try to race through all 12 questions at once. I suggest that you take one a week/month and really try to work through the material and the issues highlighted in each. Then write down your answers to the questions at the end to document your progress, thoughts, action steps and ideas.

During our lifetime, we study to prepare for our careers and develop ourselves to be better spouses and parents, but besides financial planning, who ever talks about preparing for your retirement? This next step will be one of the most monumental steps you will take in your life, but most of us just let our retirement date roll around without preparation or planning for what lies ahead. My hope is that these 12 Powerful Questions will take you on a journey that will help prepare you for what lies ahead and enable you to make the decisions and changes necessary to make your retirement years all you want them to be.



You are welcome to also engage in a series of online coaching sessions to help you stay accountable on this journey.

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