



Articles & Podcasts

[Refirement Story - Beth Montocchio](#)

[Radio 702 podcast - Life stage transitions](#)

Events

[Retirement Expo at the Dome from 28 -30 October](#)

[Retirement Communities World from 21-24 November](#)

Coaching program

[Special preview of one of the 12 Powerful Questions to navigate your journey](#)

Editorial

The more help we have with technology, the more we seem to take on and the less time we have with others and especially ourselves. When last did you step back and “smell the roses”? The little down time we have, we spend resting and regaining energy for the next week and spend very little time on reflection and our own personal future. If you are not aware of what you want someone else will decide for you.

I am personally in a very busy stage helping to launch a new business and so I am preaching to myself here as well. I am meeting two kinds of people at the moment. Those stuck in “halftime” and those that are so busy that they are on the verge of burnout. I was lucky to do a talk on 702 this month and we discussed “life stage transitions”. [Take a listen to the podcast](#) in this newsletter.

I met a lady last month who has truly REFIRED. She is working in her area of passion and skill and earning at the same time. I do believe that when you read Beth’s story, you will be touched and motivated to think about your own journey.

Over the last few months I have been writing and designing a coaching program with my team. I have so many people who contact me asking for help with their transition to the next phase of life. Face to face coaching is so expensive. We have designed this program to guide you on your own journey and it ends with you being able to connect with me for a personal online consultation either via email or Skype. The cost of the program called” **12 Powerful Questions to navigate your journey” is R295. This includes the online consultation.** We have included one of the questions in this newsletter so that

you can see the format. Please email me on lgsmith@mweb.co.za if you are interested in the program. I will then send you an invoice and once you have paid, I will forward the program to you.

There are two major Retirement events happening in October and November in Gauteng.

- [Retirement Expo at the Dome from 28 -30 October](#)
- [Retirement Communities World from 21-24 November](#)

Both links are included in this newsletter so that you can get more detail.

Technology can never replace the human connections we need. Take time today to connect with someone you love.

Warm Regards

Lynda

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