



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 shortchange 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, and for many, exiting a business can have nearly the same impact as leaving a family.

- *Are you fully comfortable letting go of your previous work?*
- *Will you find yourself feeling bored, aimless, unproductive, or dissatisfied?*
- *Do you have a plan for crafting a satisfying next chapter?*

My coaching is 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. The exercises and online sessions offer you a framework and a process for exploring your values, interests, and priorities. With decades of experience as a psychologist (now retired from clinical practice), I want to help you leave work on a high note and move smoothly into a compelling future.

Please see the next page for information about coaching packages. The transition from full time work can take many paths, but you owe it to yourself to be psychologically prepared!

Coaching Session Topics

Depending on your needs and interests, we'll use exercises and discussion to address topics such as . . .

Your thoughts about leaving your prior role.

Your priorities for the future.

Your hopes and concerns about what's next.

What constitutes a successful retirement transition?

Managing other stakeholders.

Your values and identity apart from work.

Lessons learned from past transitions.

Choosing potential activities based on your work history.

Framework for designing a satisfying life.

Intro Coaching Package

3 one-hour online coaching sessions with Dr. Gard held every other week. \$795

Basic Coaching Package

5 one-hour online coaching sessions with Dr. Gard held every other week. \$1250

Enhanced Coaching Package

7 one-hour online coaching sessions with Dr. Gard held every other week. \$1645

Please reach out with any questions via the contact form on my website,
or call me at (312) 560-4184.