



POST-RETIREMENT COACHING

What's missing from your
retirement puzzle?

Find A Future That Fits

Post-Retirement Coaching

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, and some end up regretting retiring.

Leaving your professional role may be the most significant transition of your adult life. For many business owners, exiting their business can constitute a profound loss.

Have you found yourself feeling bored, dissatisfied, aimless, or unproductive? If so, my post-retirement coaching program may help you find a new sense of direction.

Designed for those in their first six months of retirement, this 5-session online program provides a framework and a process for exploring your values, interests, and priorities. Through a series of questionnaires and discussion you'll gain insights that can inform your path forward.

The transition from full time work can be uncomfortable, but your next chapter shouldn't be . . . Let's work together to find a future that fits.

My post-retirement coaching program is designed for those seeking direction during their first six months after leaving work. Together we'll help you clarify what's missing from your current routine, identify potentially more fulfilling activities, and broaden your perspectives about what retirement can feel like.

Post Retirement Coaching Package

5 one-hour online coaching sessions with Dr. Gard held every other week.
Package price: \$1395

Topics covered typically include:

Your perspective and priorities for the future

Your values and identity apart from work

Your interests, mission, and purpose

How your history and personality may reveal clues about the best fit for your next chapter

Coaching sessions are provided by Dr. Larry Gard. With decades of experience as a psychologist, he will help you craft a new path forward.

Visit www.donewithwork.org to learn more, or contact Larry with any questions at (312) 560-4184.