

Transitions & Transformations: A Career Coach E-Newsletter
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Are You Thinking About Retirement?

I think we all agree that today's retirement is not like it was for our parents. Our life expectancy has increased and we look forward to a healthier and much more active lifestyle.

Several years ago I had the opportunity to take advantage of an early retirement. Our plan as a family was to move from Connecticut to Florida to be close to other family members. My first tasks were devoted to helping my middle school age son transition into our new community, his school, finding a premier soccer team he could join, and making sure he had the opportunities to make new friends.

In advance of retirement, I had been thinking about my own professional transitions that I might make. I had several ideas in mind like continuing to teach in higher education, get licensed as a clinical social worker in Florida, or to make a transition to a new life venture. Since I had worked since age 15, I decided to take a year off and spend the time "in reflection". It was during this year that I was exposed to the field of professional coaching. A friend and I decided to register for a week long series of coaching courses. By the end of that week I knew that coaching was the transition I wanted to make. My prior professional background was a perfect fit with coaching.

Planning for retirement means starting to think about some of the essential elements of retirement. Of course most people are thinking about the financial aspect... ***Do I have enough to retire on?*** But, what is equally important is to develop a vision on how you want to spend your next life chapter. What will this next life transition look like? Remember, retirement is yet another life stage with many mini-transitions within it. Everyone's retirement is unique, yet there are many similarities with others. Here are a few areas for your own reflection:

- Do you want to completely stop working or do you want to start a new venture?
- What are you passionate about? Devote time and energy to figure this out.
- Find purpose and meaning: Who am I? Who do I want to be? What will be my legacy? Follow your dream whatever that might be for you.
- Never stop growing and being productive. Meaningful "work" gives life purpose.
- Do you have a desire to do something meaningful or significant during the remainder of your life?
- How do you plan on spending your day?
- Think about the balance between work and play. How will other family members fit into your plan?
- Will you stay connected with your past professional or social life? If so, how?

- Identify a goal and potential options, and then determine specific action steps you should take. This is your road map, making it easier for you to know where you are heading.

In coaching, we help people reach success or achieve personal or professional goals, and assist them in setting goals, strategizing and planning. We guide them toward their own answers and solutions; we offer new perspectives, challenge current behaviors, increase self-awareness and help people make meaningful connections with their next life transition. These are some of the probing, powerful, client reflection questions I might ask of you:

- What is exciting about retirement?
- What are your fears?
- How might you use your current skills?
- What are 2-3 things most important to you right now?
- What are some of your dreams you've wanted to pursue but haven't acted on or haven't achieved yet?
- What obstacles or challenges do you believe have kept you from making changes or your transition already?

Think of retirement as a process with a series of stepping stones. Having a "mindset" of what each stepping stone may look like gives you permission to engage in something totally different while you are working and transitioning toward retirement.

Coaches Last Note: Retirement Reading Resources

- "What Color is Your Parachute? For Retirement" by John E. Nelson & Richard N. Bolles.
- "Don't Retire, Rewire" by Jeri Sedlar & Rick Miner.
- "Getting Unstuck" by Timothy Bulter.
- "Crash Course in Finding Work You Love: The Essential Guide to Reinventing Your Life" by Sam Greengard.

Contact Dr. Candales at bbtransformed@aol.com if you are interested in exploring retirement coaching. I look forward to hearing from you!

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Transitions and Transformations: The Journey is Yours!