

Wisdom Package

[I'm retired and feeling lost. What's next?]

This is a seven (7) month program, meeting every other week.

This program focuses on your mindset, needs, and motivations around who you want **to be in retirement**.

Many individuals at this stage of their life find it easy to find things to do to fill up the hours, yet still feel as if something is missing.

You no longer have your professional identify and power.

Your family and friends may think you are weird for wanting to continue to make a mark on this world.

We help you get clarity not just on what you want to do but also why do you want to do it.

We spend time exploring **WHO** do **YOU** want to **BE** now that you have freedom over your schedule.

We develop a detailed **Who AM I Now That I Am Retired Plan**.

We delve deep into what is YOUR purpose during this phase of your life. How do you want to give-back, show-up, live your life instead of existing through it.

We investigate your **values** (principles that are important to you), your **anti-values** (negative attitudes that you do not want in your life), what are your '**knowledge, skills, and abilities**' that you want to use in this chapter and which ones do you want to let go of.

This plan encompasses your vision of life outside of work. Why it is important to you. What needs to change within your life, so you begin to take action.

You get to practice the components of these plans, as necessary, as we refine it.

Major outcome: **Clear Vision** for who you are in this phase of your life and a detailed **Who I Now That I am Retired Plan**. This plan will include your vision and the action steps needed to get yourself prepared for your retirement.

Session	Topic	Description
1	Retirement Boost Session – Visioning	Explore your vision of retirement so that you can start to see this phase as a time for you to take control and live an authentic and intentional life
2	Anti-values	During this session we will prioritize your anti-values so that you know what you want to avoid or minimize in your life.

Session	Topic	Description
		<p>We are not trying to be negative yet to identify guideposts for your life. By understanding what you don't want allows you to focus on what you do want.</p> <p>The results of this session may surprise you.</p>
3	Values	<p>This session is like your anti-values except we focus on your values so that you know what you want to cultivate in your life.</p>
4	My History	<p>In this session, we will explore your personal and professional history so you can identify missed opportunities or unfilled dreams.</p> <p>You will get a chance to remember cross-roads and opportunities left unsatisfied so that you can decide what you want to explore.</p> <p>During this session you get to unlock past dreams and begin to determine what and how to incorporate them into your life.</p> <p>What do you need, more education, establish an exercise routine, etc., to allow you to bring these experiences into reality?</p>
5	My Present Reality	<p>In this session, we will dive deep into your current personal and, if appropriate, professional life so that you have an honest awareness of how you are living your daily life.</p> <p>We will explore questions like:</p> <ul style="list-style-type: none"> • What are you doing? • What are you not doing? • What do you want to change? <p>We will explore if you need more education, establish an exercise routine, etc. to allow you to bring these dreams into reality?</p>
6	My Legacy	<p>In this session, we use the information unearthed from the previous sessions and begin to uncover the legacy you want to leave in your current career. This is different for every person.</p> <p>You are challenged to expose your most outrageous ideas and</p>
7	Strengths	<p>You will be provided with a character strengths assessment, and we will discuss how you can use your strengths, values, and anti-values to assess how you want to live in retirement.</p>

Session	Topic	Description
8	Personal Mission Statement	You get a chance to write your own personal mission statement. This is a fun and enlightening session.
9	Who Am I	In this session you imagine who you are, your roles and your identities so that you know who you are without the labels. We also explore what labels do you want to add.
14	New Identity	In this session we practice giving yourself permission to change into a new identity. We revisit your mission statement and visualize your dream life outside of your career. We devise a “perfect day” plan and how to give yourself permission to live in a new way.
15	Develop ‘Who Do I Want to Be After My Career’ Plan	We will ideate a new life plan. Looking at your life from the big rocks to the sand. How to ensure that you are experiencing the things you want instead of mindlessly taking that next step. <ul style="list-style-type: none"> - Exercise - Social - Family - ...
16	Practice Aspects of the Plan	You will have some time to practice living your life plan. There will be opportunities to journal between session. Know what is working for you and what do you want to change.
17	Finalize My Living Life Plan	We will devise metrics to know when you want to change your plan. Initial steps you can take and even timelines. We prepare a 6-12-month schedule with important and life fulfilling activities and actions.
18	New Identity	Wow! You did it. This is the close out session. We take some time to celebrate you. We will also discuss Be Do Have activity and how this activity can be used to guide your life.

Program comes with:

- Meet 1:1 approximately every two weeks.
- Each program comes with access to my live virtual chair and mat yoga classes.
- Recordings of our sessions so you can review them later.
- Finalized Plans
- Finalized Mission Statement