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**CRAFT YOUR NEXT CHAPTER . . .**

## **Find the Right Fit for You**

Psychological preparation:  
The missing piece of your  
retirement puzzle

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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.

Leaving your professional role may be the most significant transition of your adult life. For many business owners, exiting a business has almost the same impact as leaving a family. *Will you find yourself feeling bored, aimless, unproductive or dissatisfied?*

Our coaching programs are designed to help you navigate the murky waters as you transition out of your current position, providing peace-of-mind for late career professionals and business owners.

The 3 or 5 session packages, described below, help you begin to address concerns about the next stage of your life. Coaching provides a framework and a process for exploring your values, interests, and priorities. The transition from full time work can take many paths, but you owe it to yourself to be psychologically prepared.

**Our coaching packages are designed to help you leave work on a high note, and transition smoothly into a compelling next chapter.**

### **Basic Coaching Package**

3 one-hour video coaching sessions with Dr. Gard held every other week.

Topics covered include:

Your perspective and concerns about the future

Components of a successful transition

Your values and identity apart from work

How past transitions impact this one

How your work history can provide clues for a satisfying future

### **Enhanced Coaching Package**

5 one-hour video coaching sessions with Dr. Gard held every other week, plus email support between sessions.

Topics covered include:

Your perspective and concerns about the future

Components of a successful transition

Your values and identity apart from work

How past transitions impact this one

Couples/Family issues

Creating a balanced life portfolio

How your work history can provide clues for a satisfying future

Framework for designing a purposeful life

**Coaching sessions are provided by Dr. Larry Gard. With decades of experience as a psychologist, Larry will work with you to craft a smooth exit from work and a satisfying new future. Call him at (312) 787-9620 or email [drlgard@donewithwork.org](mailto:drlgard@donewithwork.org) to learn more, or visit <https://calendly.com/drlgard/conversation> to schedule a no obligation complimentary discovery call.**