



Pre-Post Retirement Coaching

By the time we reach retirement age, at fifty or even eighty, each of us have weathered our own share of success and failure, gain and loss, love and fear, sickness and health, life and death. All of that adds up to a hefty amount of positive and negative experiences. However, our rich life



Digital Artist, Tom Bender

experiences do not prepare us automatically to slide easily into the picture perfect pre-retirement/post retirement life stage.

**We stand at this moment in our life and say to ourselves,
“And now what?”**

At every stage in life, there's a chance to explore opportunities. The reality is that after age sixty we might not have much time left. The question to be answered is

the one posed by the poet, Mary Oliver: “Tell me, what is it you plan to do with your one wild and precious life.”

“Tell me, what is it you plan to do with your one wild and precious life.”
Mary Oliver

We can help answer that question if you are in the pre-retirement planning phase or are already retired, disenchanted or searching for your next meaningful life experience.

Being in tune with your personality and passions is important to begin the journey awaiting you in retirement. Self-assessment is a valuable way to clarify your direction and capitalize on the innate preferences that contribute to a successful and happy future. When empowered by this knowledge, you will be able to navigate your way towards a retirement that is a perfect fit.

How Pre and Post Retirement Coaching Works

We will work through a process of self-discovery. We will help you design and implement a customized Retirement Lifestyle Plan. A plan that gives you the energy and the passion to get the most out of your Pre and Post Retirement Life. Together we will answer these key questions:

Where and what is the best environment for you to:

- Be near and around the people you most want to be with?
- Promote and enhance your health?
- Best provide opportunities for you to play, learn and maybe continue to work part time or full time?
- Feel safe?
- Feed your soul?

Why We Use the Birkman Method for Pre Post Retirement Coaching

We use the Birkman Survey Instrument to achieve a wealth of information about you. It gives a greater understanding into your personality type, individual preferences, interests and natural



strengths, and even the challenges that may exist. These insights can be used as a guide for exploring options that hold the highest potential for your satisfaction in the choices ahead. The Birkman Method confirms you, your decisions and your choices and your personal awareness in order to create a

How We

You can

time to discuss you, your options to get you would like



deeply satisfying retirement lifestyle.

Our Pre and Post Retirement Coach, Carol Segrave, has been studying the Retirement Transition Process for the past thirty-five years. She has pursued this topic in the academic setting of Rutgers University and the Andrus Gerontology Center at USC. Still working full-time in her seventies, she has had on-and-off periods of living a retirement lifestyle. These experiences, combined with her formal education, give her a particularly expert perspective on this stage of life.

Work

contact us at consulting@segraveassociates.com to set a the consulting approach that is the best for Team and your Organization. Here are a few us started; just let us know in your email how to proceed:

Sign-Up on our website for our Blog (free)	Email Us (\$35.00)	Chat by phone (\$90.00)	Consulting hour (\$175.00)	Take the Birkman Survey (\$500.00)
We scan a great deal of research on life transitions, organizational development, leadership, strategic planning and talent management. Each week we summarize this information to help you stay up to date with the latest thinking.	Send your one burning question by email and I'll answer it within 72 hours.	I can be available to connect with you for thirty minutes (half-hour session) where I can answer one major question that you are wrestling with in your situation.	We can talk via Skype or Face Time to discuss specific questions and concerns about the particular life transition challenges you are now facing.	Spend time with me taking the Birkman survey, going over the results and then, if you choose, continuing to work with me to develop your plan.



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