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Corporate/Organizational Services

Life Options for Retirement Workshop

What key factors are necessary for a successful transition to retirement? This in-depth program, designed for people who are within a few years of retirement, is based on the insightful book, *What Color is Your Retirement?* Connie Challingsworth, a Certified Life Coach through Coach Training Alliance, helps individuals understand what they need to succeed as they transition to retirement. The program includes an individual *Life Options Profile Assessment* and group discussion of results through powerful questions and insightful exercises.

After completing the *Life Options for Retirement Workshop*, employees will:

- understand how to prepare for retirement while remaining productive employees
- understand their readiness to enjoy a successful retirement
- find their life purpose for their retirement years

Topics include:

- career and work
- health and wellness
- finance and insurance
- family and relationships
- leisure and social
- personal development

Group size: Flexible

Meetings: 60-90 minutes weekly for 6 to 8 consecutive weeks

Structure: An in-depth look at each participant's readiness to transition to retirement including completion of the *Life Options Profile Assessment*, report of results, and key areas to address.

Materials: Each participant receives a free copy of the book, *What Color Is Your Retirement?* and a report of results of accompanying assessment.