

Retirement Planning Seminar

Planning to retire? It's not just about the money.

Many people focus their retirement planning efforts on assuring their financial future. They attend seminars, read books, and/or consult financial advisors. But money is only one component of satisfying retirement; what you want or need to do with the money (which, in turn, dictates how much you will need) is another.

Really knowing what it takes to have an enjoyable and satisfying life can greatly increase your odds of achieving it (which is true for any stage of life). Let's explore some of the common pitfalls that can befall a retiring person, and share approaches to avoiding or getting through them.

We are going to look at:

- Retirement - just another of life's transitions
- Refining and using self-knowledge - Who are you, really?
- Managing expectations and assumptions
- Choice is a double edged sword
- How "available" do you want to be? Establishing / maintaining boundaries
- Resilience - coping with the unexpected by having plans B and C.

The topics discussed here are clearly all interconnected, but I have divided them in ways to capture common challenges / pitfalls faced by many retired or retiring people. They may or may not apply to you personally now, or in the future, but being aware of them, and ways to avoid or overcome them is extremely empowering.

Knowing "how to" doesn't always mean you "will do" - think about diet and exercise. When doing what you want seems too hard, or you keep putting it off, engaging another person, such as a coach, can make all the difference.

No one is saying that you can't do all of this on your own, the idea is to make it easier. Many of us might believe that our friends fulfill this role in our lives, and indeed, they may. However, they may have their own needs, biases and agendas that can get in the way of assisting you, or they may be inclined to offer advice, or tell you what they think you "should" do.

Why use a coach

Many people find that engaging a professional life coach can make their endeavors much easier because:

- Setting aside a time/venue helps make things happen - often things slip away, or you just don't get around to them, if they are not put on the agenda
- Partnership is powerful - it often much easier to do something with another person (or other people) than it is on your own
- Professional life coaches have expertise in the process and can make it easier.
- There is power in a public pronouncement - a stated intention - "just because you said this is your plan".
- We tend to be more committed to things we are paying for - determined to get our "money's worth"

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