The Next Chapter

Launching a New Season

Address Your Fears

Define Your Future

Explore Possibilities

Take Action

A Compelling Conversation with

Life Song Coaching

Life Song

PROFESSIONAL COACHING & FACILITATION

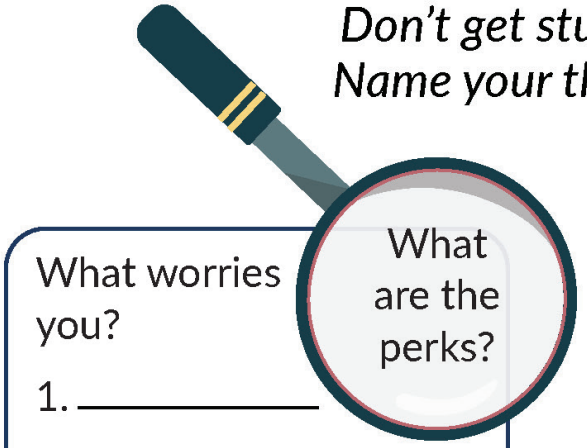
Work is done. You got the gold watch. Now, who do you want to be?

Are you one of 7 Baby Boomers retiring every minute? With job or career in the rear-view mirror, what's ahead? Where do you go from here?

Address Your Fears

- What will I do with all my time?
- Will I miss friends and co-workers?
- Can I spend 24/7 with my spouse?
- What will give my life meaning?

Don't get stuck in fear and miss opportunities!
Name your thoughts. Look through a new lens.



What worries you?

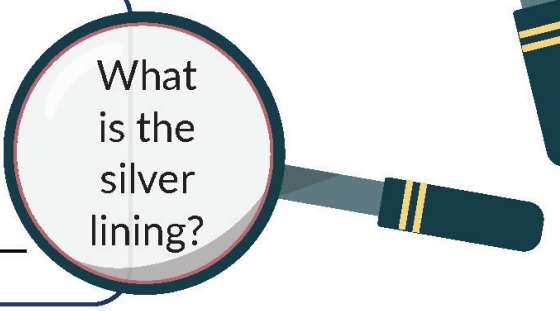
1. _____
2. _____
3. _____

What will you miss?

1. _____
2. _____
3. _____

What do you risk?

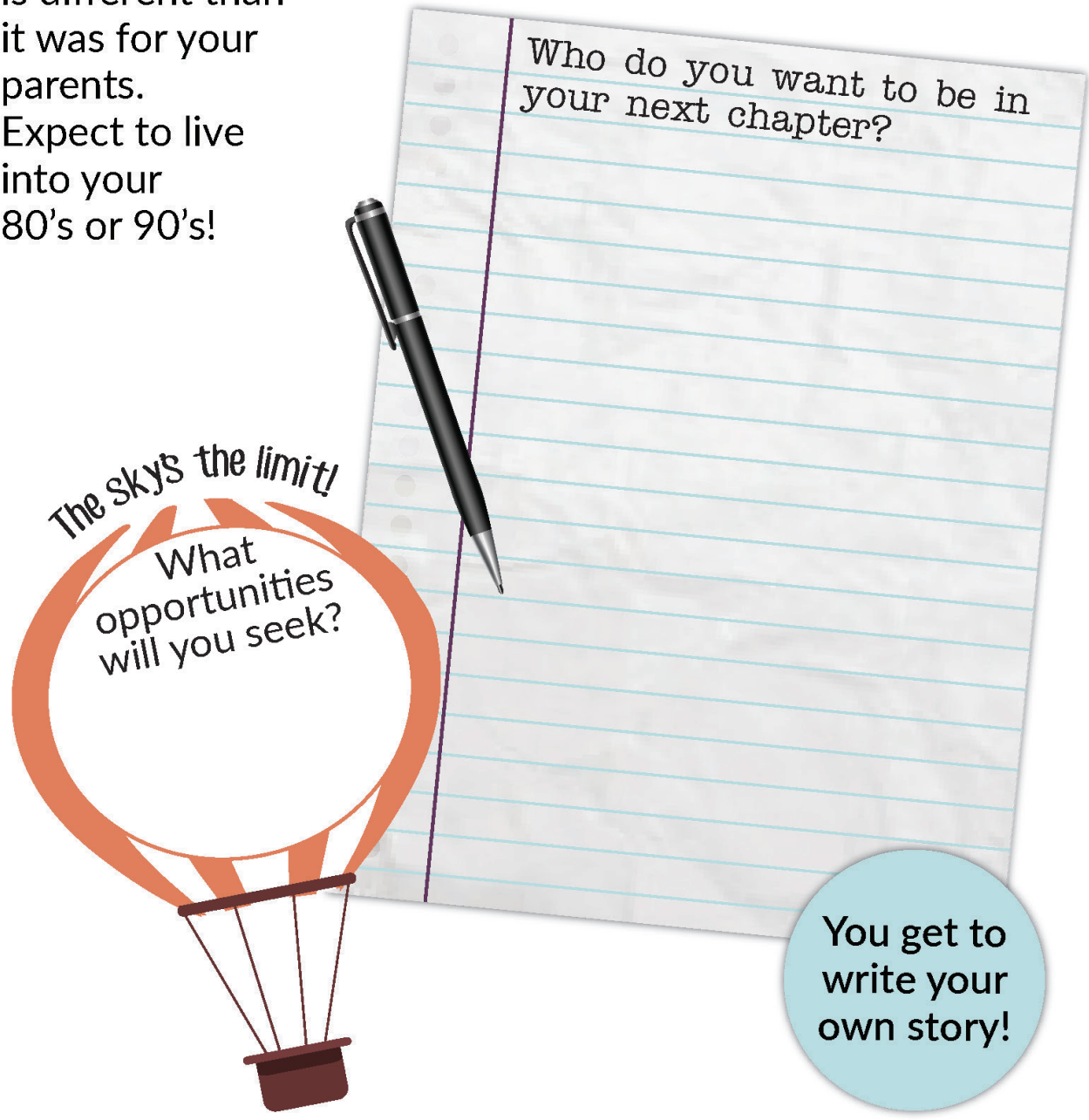
1. _____
2. _____
3. _____



"You miss 100% of the shots you never take." Wayne Gretzky

Define Your Future

Your **Next Chapter** is different than it was for your parents. Expect to live into your 80's or 90's!



"...as important as your past is, it is not nearly as important as the way you see your future."
Dr. Tony Compolo

Explore Possibilities

Know yourself inside and out. Seek the sweet spot where your gifts meet the world's needs.

What beliefs are most important?

What motivates you?

What are you good at?

What do you love?

Take Action

Make choices right for you.
Create a *life directive*. Write it down. Share it with family.

"Not having a plan is a plan to fail." - Unknown

Where will you live?

Downsize? Move closer to kids? Become a snowbird? 50% of baby boomers believe they will live out their lives in their current home.

How will you stay active?

Being sedentary is a game changer! Use it or lose it validates keeping active.

How will you engage with others?

Isolation is the illness of the era! It has the same effect as smoking 15 cigarettes a day! Stay connected! Get involved!

They did it! So, can you!

Deciding to end their careers was overwhelming. How could Paul and Vicki spend 24/7 with one another? What would they do with all the time? After Compelling Conversations, they gave themselves permission to leap! Their new season launched with an 8-month cross country trip by motor home!

Adventurers and fitness lovers, Anne and Matt dove into the freedom of no daily schedule. Cancer struck. Anne floundered to figure out life as a single woman. With Compelling Conversations, she identified values and defined new purpose as a mentor for other survivors. Solo adventures, art and spiritual work are calling!

Jake and Liz left teaching to care for elderly parents. They enrolled in Compelling Conversations to get their ducks in a row. Learning facts about housing, isolation and community engagement motivated them to downsize stuff. “But,” Jake says, “you can’t sell all my toys yet!”

Dave is semi-retired. Brenda, 15 years younger, will work a few more years. An introvert, Dave planned to live in their isolated country home forever. Brenda needs community. She wants to attend exercise classes and interact with friends, not maintain a large house and yard. Compelling Conversations inspired them to rethink Dave’s social connections and their housing preferences!

To further explore your next chapter, consider these options...

Compelling Conversations for Vital Aging

A 5-session conversation series for your group or team.

- Define Retirement
- Address Your Fears
- Gain Self Awareness for the Transition
- Choose Life-Style Options
- Create a Dynamic Plan

Post Career Transitions

An individualized coaching package of 4 private Compelling Conversations for singles or committed couples to explore threats, challenges and opportunities for launching a new season of life. Meet your professional coach by phone.

Bonnie Henriksen, lead coach and owner, Life Song Coaching, Grand Rapids MN, is a certified professional life coach who helps clients maximize potential and live passionately on purpose. She created Compelling Conversations for Vital Aging, for people exploring end of career decisions to thrive in their next life chapters.

Life Song
PROFESSIONAL COACHING & FACILITATION

Contact Life Song Coaching to reserve a space for you, your group or team.

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