



time-to-retire.online

RETIREMENT COACHING



ABOUT RETIREMENT COACHING

This is an individual process encouraging you to deepen awareness, improve your experience, or enhance your quality of retirement through self-discovery and self-empowerment. The retirement coaching format is a private and customised experience.

THIS PROGRAM IS FOR YOU IF...

- You are thinking of retiring and want to explore and plan options available to you
- You are about to retire, or are recently retired, and want to develop new habits
- You have been retired for a few years and you are seeking to enrich some of your current routines

YOU WILL WALK AWAY WITH THE FOLLOWING TAKE-OUTS

- A private and customised interactive process lead by a personal coach
- The latest *research* on selected topics
- Exercise outcomes shaping your *personal response* to key transitions
- A *retirement wellness plan* that summarises critical actions for a new future

TYPICAL THEMES EXPLORED IN COACHING

THEME 1– WHAT I VALUE

- Personal value alignment, priority clarity, and spiritual frameworks.

THEME 2– MY MENTAL HEALTH

- Work versus personal identity, positive psychology, and perception reframing.

THEME 3– PHYSICAL FITNESS

- Health consciousness, exercise, nutrition, and warning signs.

THEME 4– SOCIAL CONNECTION

- Staying connected, who, and how.

THEME 5– MANAGING MONEY

- Budgeting, financial planner selection, extra income, and wills.

HOW COACHING IS STRUCTURED

Sessions are 1-hour on-line. Session 1 is focused on customising your personal focus, agreed coaching themes of 1 to 2 sessions each, and the final session is spent on crafting a personal retirement wellness plan.

TECHNICAL REQUIREMENTS

Zoom mobile or desktop, Adobe PDF Reader, and MS Word or Google Docs.

You can register for by clicking on the link-

[Coaching Registration](#)

You can enquire about more information by clicking on the following link-

[Coaching Enquiries](#)