

THE NEXT CHAPTER

The Next Chapter programme helps guide you in building your plan for how you want to live your next chapter.

- 1** Begins with helping you understand your purpose.
- 2** How do you transition out of full time work?
- 3** Plan for all elements of your next chapter not just the financial considerations
- 4** Can be experienced solely online, with direct connection online or in person workshops or 1:1

FOR YOU

The Next Chapter programme helps you plan for the transition to the next chapter to ensure you continue to live the fulfilled, productive life you choose with a life of purpose and direction.

Answering the questions of:

- * How do we live our best life?
- * Why is a sense of purpose crucial to our wellbeing & longevity
- * How do we transition from full time employment and navigate the uncertainties of the future

THE NEXT CHAPTER PROGRAMME will give you the strategies, using our 7 F's model to effectively navigate your next chapter.

The Next Chapter Online Programme



An online programme including creating your own workbook to keep & revisit



Online collaboration with a Next Chapter coach



Options for 1:1 coaching available either online or in person (location dependent)

The Next Chapter IN REAL LIFE Programme



The structure of this programme can be tailored to suit



Our sessions can be in person, online or blended



We can work together on a weekly, fortnightly or monthly basis depending on the urgency of your requirements.

ADDITIONAL INFORMATION

- The structure of these programmes can be tailored to suit your specific requirements and are generally run as 8 learning and creation sessions
- Additional 1:1 coaching is available to support the transition process

INCLUDED IN THE PROGRAMME

- 4 or 8 face to face learning and creation sessions
- A comprehensive The Next Chapter workbook
- Bonus 30 min check in session after 6 months

It is never too soon! The earlier you start planning the more likely it is you will set yourself up for a successful second half of life.

Register here for our online programme:
www.thenextchapter.nz/The Next Chapter

OR

Contact whatsnext@thenextchapter.nz for more information & follow us on:

