



WHY DO YOU NEED A RETIREMENT COACH?

A retirement coach can be a game-changer when transitioning into this new phase of life.

Thinking about what comes next can be daunting. If you're thinking about your next chapter – potentially its retirement, maybe part time work or a long-term transition process then it may be beneficial to have someone support you along the way to ensure you have a well planned retirement.

Retirement coaches can help you with:

Creating a tailored retirement plan that considers your emotional transition, your purpose, health and wellbeing, and goals beyond financial planning.

At the next chapter we use our 7 F's model for you to plan for a fulfilling well rounded life that is as you would like it to be.

Our 7 F's programme provides you with the structure and your retirement coach holds you accountable for setting up your future and adjusting the plan as required. Your coach also has a wealth of information, resources and case studies of people who had done things in the traditional way and those who have stepped outside of the norm to do something different.

The transition from career to retirement can be challenging, particularly if you haven't prepared for it.



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Retiring/changing jobs/careers/hours is a challenging process & some find it very stressful. You may experience feelings related to the transition including change in employment status, a loss of purpose and losing the connections to your colleagues and regular routine. It can also impact your personal relationships as you spend more time together and it may have financial implications.

A retirement coach can help you prepare for what comes next, minimise the emotional upheaval and allow you to be in control of and really enjoy your future.

There are a myriad of emotions at this time including fear of the unknown, disappointment, excitement, hopeful - a retirement coach works with you to provide tools to work through the emotions and look to the future for opportunities.

Retirement coaching isn't a one off meeting it is a regular series of working sessions to develop a detailed plan for managing the emotional transition to something new.



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We often spend a lot of time thinking about our jobs and our careers – what we want to do in the future, the achievements we are aiming for. We study, learn, get coaches and mentors as we grow however, we're just realising the importance of doing the same as we transition out of our career roles.

By beginning the planning process early, prior to retirement, it means you will have the plan and tools in place to successfully navigate the change.

Retirement coaching utilises tangible tools and discussions to focus your attention on various parts of your post-work life. Your retirement coach will work with you to identify where you may need to spend more time focusing, in advance of retirement. They can assist you in realising your retirement goals and making a step-by-step plan to achieve them.

What to Look for in a Retirement Coach

1. **Experience and Expertise:** Look for someone with a background in retirement coaching, human resources, career coaching or counselling.



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2. Empathy and Non-Judgment: A good coach listens without judgment and understands the unique challenges of retirement.
3. Tailored Approach: They work through a personalised plan based on your individual needs, values, and aspirations.
4. Strong Communication & Connection: Look for a coach that communicates clearly that you have a connection with in order to build trust.
5. Positive Track Record: Seek recommendations or reviews to ensure they have successfully helped others transition into retirement.

Retirement is a time of reinvention, and the right coach can help you make the most of it. A retirement coach will help you maximise the opportunities in your second half of life.

If you're curious as to whether retirement coaching is for you get in touch for an obligation free chat.

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