



SCANDINAVIAN CULTURAL CENTER & LIBRARY

IN-PERSON, SMALL GROUP 3-SESSION COACHING PROGRAM

PROGRAM HALLMARKS

- Receive your exclusive copy of *take the RETIREMENT LIFE DESIGN challenge* workbook to address common challenges:
 - stagnation in the honeymoon period & boredom
 - loss of role & purpose
 - relationship strains and isolation
 - a rocky transition into retirement
- You will produce a retirement life design, transition plan, and personal vision serving as your personal north star.

**REGISTER BY AUGUST 16TH
and receive 50% off**

When & where are the coaching sessions?

Days 3 Tuesday evenings, 2-weeks apart

Dates Tuesdays: Sept 17, Oct 1, and Oct 15, 2024

Time 7:00 to 9:00 pm ET

Place Scandinavian Cultural Center & Library
206 Waltham St, West Newton, MA

take the RETIREMENT LIFE DESIGN challenge

to fuel positive well-being
over the next 30+ years!

Through guided self-discovery, design your retirement life for

- Meaning and fulfillment
- Adventure, fun, and joy
- Enriching new and familiar relationships
- Fueling positive well-being

MEET YOUR COACH

Carol Bergeron, President of Bergeron Associates and certified retirement life coach, guides individuals, teams, and organizations through successful transitions. She works across diverse sectors: life sciences, technology, professional services, and nonprofits. Whether assisting people in designing fulfilling retirement lifestyles, supporting leaders stepping into more challenging roles or undertaking succession planning, and guiding teams and organizations seeking new visions, Carol accelerates goal achievement by using a self-discovery process of personal reflection, collaboration, and innovation.



Participating in the three-session, in-person group coaching program will help you:

1. Design your one-of-a-kind retirement life complete with your master design, transition plan and personal vision.
2. Jump-start the design of significant transitions. Navigate the shift in your identity. Deepen existing relationships while forging new friendships. Move beyond the initial honeymoon by balancing purposeful and leisurely pursuits.
3. Harness the lifelong learner in you by sharing perspectives in a small group.
4. Become familiar with a process for refining your lifestyle as retirement evolves.
5. Confidently share your preferences to your financial planner.

Maximize the value of your program experience by:

- Attending all three 2-hour group coaching sessions
- Completing each session's pre-work in the exclusive *"take the RETIREMENT LIFE DESIGN challenge"* workbook
- Engaging with your cohort for exposure to a wide range of ideas which may inspire your retirement life design

the RETIREMENT LIFE DESIGN journey



Who are you now?

Reflect on your wondrous self to preserve what makes you you

What healthy habits will you embrace?

Choose healthy habits as contributors to your longevity

How will you spend your time?

Select activities & hobbies that bring you joy, energy, meaning, and balance

With whom will you spend time?

Strengthen & cultivate relationships that fully support your design

Who will you become?

Clarify your personal vision to serve as your inspiring north star