

# Explore Coaching Program

Clarity, knowledge of the unknowns and peace of mind for late career professionals



The Explore Coaching program provides a process that helps you navigate the murky waters of transitioning out of your current position. The program shows you how start a process for exploring new ideas and how to address your concerns about the next stage of your life.

The program's proven methodology:

- Delivers peace-of-mind
- Helps you define your life today and after your full-time career
- Helps you embrace the transition you are going to enter
- Enables you to start planning for a life that you have consciously designed

## ***Contents of the Coaching Program***

- The **Explore guide** - How to avoid retirement remorse and “push start” on a successful professional and personal transition brochure

- **Quick online questionnaire and Report:**

The questionnaire and report provides you with clarity about where you are and where you are headed. It presents in a clear and organized way:

- Your motivations and transition goals
  - Your attitude and expectations about the transition process
  - How you feel about leaving your position
  - And if you have purposeful and fulfilling new future that you are looking forward to
- **Decision-Making Questionnaire and Report** – There are five distinct decision-making patterns that professionals use when making high-stakes decisions such as: “How am I going to leave my career?” or “What am I going to do with my life?” It is important for you to know your primary decision-making process, since it determines how you choose the goals you wish to achieve, obtain information about the issues you have to decide on, assess or analyze data about your future, and to make and implement your final decisions. The report informs you of your special strengths, how you can use your strengths in making future decisions, and what to avoid.
  - ***The Power of Personal Transition Planning: How to Successfully Move into the Next Stage of Your Life***

The 24 page whitepaper helps you understand what to look forward to, and what to look out for. You will learn about:

- A New Stage of Active Life for Baby Boomers
- The new possibilities for you
- A new way of thinking about leaving your full time position
- Why Baby Boomers don’t want to think about leaving

- What Is the “Transition Process?”
- Expanding your thinking about your personal future
- Ways to leave your work-life unsuccessfully – and how to avoid them
- A strategic approach to creating your new future
- The emotional and intellectual side of the transition process
- Creating a strategic personal transition plan
- How to take control of your future

- **Guided Coaching Sessions**

In the first coaching session, phone consultations, or in person, you will:

- Learn how to think strategically about your emotions
- Define what a successful transition means to you
- Create your transition goals
- Determine your mental and emotional readiness for Transition Planning
- Do a My Life-Transitions Exercise
- Complete an Identity Exercise

In the second coaching session you will objectively determine how emotionally, intellectually, psychologically, and spiritually prepared you are to transition to the next stage of your life, as well as next steps to help you move forward.

**For more information, please contact:**

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**Platinum  
Years**

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PEACE-OF-MIND TODAY. TOMORROW.