

**CHARTING YOUR  
PERSONAL FUTURE:  
REVIEW-DREAM-PLAN-ENGAGE  
for RETIREMENT**

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# CHARTING YOUR PERSONAL FUTURE: 4 COMPASS POINTS



# WE ARE:

- LICENSED COUNSELORS & PSYCHOLOGISTS; TRAINERS & CONSULTANTS
- EXPERTS IN HUMAN AND ORGANIZATION DEVELOPMENT
- FOCUSED ON HELPING PEOPLE TO CHART THEIR PERSONAL FUTURE THROUGH VIEWING RETIREMENT AS A LIFE TRANSITION WITH GROWTH POTENTIAL.

# OUR SERVICES

- WE OFFER HOLISTIC LIFE RETIREMENT PLANNING SERVICES TO INDIVIDUALS AND ORGANIZATIONS, EMPHASIZING RETIREMENT AS AN OPPORTUNITY TO CHART A NEW PERSONAL FUTURE.
- SERVICES: INDIVIDUAL, GROUP, TRAINING, AND CONSULTATION
- REVIEW-DREAM-PLAN-ENGAGE

# CONTACT US

YOU CAN REACH US:

CHARTING YOUR PERSONAL FUTURE

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# ISSUES IN DECIDING TO RETIRE

- Finances (Brecek & Young)
- Replacing functions of working
  - Earning money
  - Managing time
  - Sense of purpose
  - Knowing where you fit in
  - Social connection

# ISSUES, Continued

- Psychological well-being
- Physical well-being
- Family roles
- Taking control
- Health issues

# APPLYING REVIEW-DREAM-PLAN-ENGAGE

- **REVIEW**



# REVIEW

- “REVIEW” IS THE FIRST STEP IN PRODUCING AN ENJOYABLE RETIREMENT
- Who are you?
- Where have you been?
- What’s been successful?

# APPLYING REVIEW-DREAM-PLAN-ENGAGE

- **DREAM**

# DREAM

- “DREAM” FOLLOWS “REVIEW”
- “WHAT MIGHT BE OUT THERE FOR YOU?”
- “WHAT’S POSSIBLE?”

# APPLYING REVIEW-DREAM-PLAN-ENGAGE

- **ENGAGE**

# ENGAGE

- “ENGAGE” FOLLOWS “PLANNING.”
- ENGAGE MEANS TO PUT INTO PRACTICE YOUR PLAN AND SEE HOW IT GOES.

# WHERE TO GET MORE INFORMATION

## BOOKS:

- Cohen, G. (2006). *The mature mind.*
- Ellis, D. (1998). *Creating your future.*
- Fetridge, G. (1994). *The adventure of retirement.*
- Schlossberg, N. (2004). *Retire smart Retire happy.*
- Sheehy, G. (1995). *New passages: Mapping your life across time.*
- Weiss, R. & Bass, S. (Eds.). (2002). *Challenges of the Third Age.*

## WEB SITES:

The American Association of Retired Professionals web site may have some helpful information: [www.aarp.org](http://www.aarp.org)

Alliance for Retired Americans web site: [www.retiredamericans.org](http://www.retiredamericans.org)

## US:

You can contact us, "Charting Your Personal Future:  
513-673-1982

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LOOKING AHEAD....

**HAPPY TRAILS AHEAD,  
AS YOU "CHART YOUR  
PERSONAL FUTURE!"**

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