



# *Reinventing* Retirement

Rethink . Redefine . Redesign

Retirement invites us to re-examine our lives. We have the opportunity to plan creatively and discover an energizing Retirement Vision that allows for a sense of purpose, connection and direction.

*Purpose...*



# Join us

for a series of seminars  
guaranteed to optimize your  
Retirement Experience!

## ***The Rethink Series***

The Retirement Transition

Optimizing Retirement Success

The Retirement Advantage

## ***The Redesign Series***

Your Retirement Vision

Your Action Plan

## ***The Redefine Series***

Retirement and Relationship

Retirement and Contribution

Retirement and Relocation



## The Retirement Transition

We look forward to Retirement but are often unprepared for the challenges it brings. We can miss the sense of structure, social connection, status, purpose, and identity that we experienced in the workplace.

The Retirement Transition is possibly the most complex and challenging of life's developmental passages. Learn what to expect and how to successfully navigate through this important life stage.



*Direction...*

## Optimizing Retirement Success

Whatever Successful Retirement means for you there are certain life skills, attitudes and beliefs that are likely to optimize your experience. Learn what current psychosocial research considers essential for this life stage. Engage in a powerful and informative process guaranteed to change the way you think about your future. Allow the Retirement years to become the best years of your life, filled with vitality, contribution and relevance.



## The Retirement Advantage

Retirement is a choice and a privilege! Lucky us! In Retirement we have the highly coveted commodity of free, discretionary time. Time to rejuvenate? Time to defy stereotypes? Time to share expertise? Time to develop latent dreams or talents? Time to give forward or give back? Let's talk about what time well spent means for you! Identify the values and personal strengths that motivate your choices.



*Connection*



*Adventure*



*Dreams*



## Your Retirement Vision

Using a whole mind approach explore your Retirement Possibilities and allow your Retirement Vision to emerge! Make choices that align with your personal values, reflect your core beliefs, identify your deepest aspirations and fulfill your unexpressed dreams. Acknowledge your talents, skills and strengths. Surprise and inspire yourself with an energizing Retirement Vision!



*Imagine...*

## Your Action Plan

Move your Retirement Vision forward! Employ innovative methods born of recent discoveries in the field of neuroscience to advance your retirement goals. Learn how to harness the power of Mindfulness, Narrative Strategies, Selective Attention and Conscious Imaging. Allow these tools to enhance, support and inform your Action Plan. Take control of your future now!

“Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand.”

Albert Einstein



## Retirement and Relationship

Retirement impacts our relationships with our spouses, partners, siblings, adult children, grandchildren and aging parents. Learn how Compassionate Understanding, Positive Communication Skills, and Healthy Boundaries, can enhance, balance and promote harmony within families at this important life stage.



## Retirement and Contribution

Giving Forward, Giving Back! In Retirement we often have the luxury of discretionary time. Are you energized by the idea of contribution? Would you want to act locally or globally? How would you best match your particular strengths with the world's greatest needs? Let the conversation begin!



## Retirement and Relocation

The possibilities can be endless and overwhelming! Do you want to downsize, upsize, renovate, relocate, or redistribute? Do you want a Condo in Kitsilano or a Sun Spot in Santa Fe? Is it important to be near your grandchildren? Learn how to evaluate and prioritize your possibilities and build a sense of Place and Belonging wherever you are!





## Kate Dack M.A., R.C.C.

is a Certified Retirement Coach, a Registered Clinical Counsellor, a Registered Social Worker, and the Founder of Retirement Coaching Canada. She has had a successful private practice in Calgary for over 10 years. Kate now resides in Victoria, B.C. and is available for Seminars, Workshops and Consultation across North America.

Retirement Coaching Canada is here to serve you.  
Let us design a program that fulfills your unique needs and exceeds your expectations.

## Testimonials

"I attended Kate's series of seminars focused on retirement preparation and found them to be exceptionally helpful. Kate does a wonderful job of presenting useful and relevant material while also drawing insightful discussion from members of the class. She creates a climate that is conducive to personal exploration and group cohesiveness. I found the experience to be fun and enlightening. I have come away with a much clearer conception of how I want to approach retirement and a much more positive, hopeful attitude towards this new reality. I would highly recommend Kate's workshops to anyone who is approaching or merely contemplating retirement."

*F. Ferguson, Seminar Participant*

## Retirement Coaching Canada

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