



**Second
Spring**

Retirement Your Way: Road Map

Introduction

Are you planning to retire in the next year, but worry or feel uncertain about the next stage of your life?

What will you do to bring your life meaning and joy if you're not doing your 'job'?

How does this affect your status and how you perceive yourself?

Retirement Your Way provides structure and tools for reflection to help you focus, explore and create retirement on your terms

Outcomes

1. Clarity on your values and identity – what's important to you – as you move into this next stage of your life
2. Identify what will get you out of bed every day, and what will not
3. Explore and experiment how you will live your life to reflect what's important to you

What's involved

- 1 x 90-minute initial session on Zoom
- 4 x 60-minute sessions on Zoom, approximately 3 – 4 weeks apart
- Reflection exercises and actions in between sessions to inform our in-session work and to support you in making progress

Investment and commitment

- *Fee:* £825 (GBP) paid in full OR 2 x £425 monthly payments (including an admin fee)*
- *Coaching time:* 5.5 hours (Daytime, early evening and Sunday appointments available. Book the date and time for your first session, with sessions 2 –5 scheduled at the end of the previous session).
- *Preparation exercises and action time:* For sessions 1–3 allow around 30 minutes each time. Timings will vary by person and actions you choose to carry out before sessions 4 and 5; this could be 30 minutes to an hour or two, or more. This will be your choice.

Programme in focus

Session 1: Understanding your retirement beliefs, your values and identity

- Understand and clarify where you are now, what's the dream, questions, concerns
- Identify the values that will guide your next stage of life
- Map your identity, what to keep and what to change

Session 2: What do you want to do? Deep dive

- Clarify what is likely to get you out of bed everyday and what is not
- Understand the role that purpose, being happy, growth, and connection will play
- Understand your attitude towards your time & energy

Session 3: How will you do it? Plan to explore and experiment

- Identify 3 priority areas for practical exploration and experimentation
- Create an action plan for at least one area to be implemented before session #4

Session 4: Action check in, coaching support and next steps

- Reflect on outcomes of experimentation actions and identify next steps
- Create action plans for priorities 2 and 3 to implement before session #5

Session 5: Review, coaching support, and future action plan

- Reflect on the outcomes of your experimentation actions and identify next steps for action
- Revisit your retirement beliefs and expectations
- Create a personalised action plan going forward

Is this the right programme for you?

Contact Dani Serlin, Retirement Coach and Founder of Second Spring, to have a conversation about where you are now, where you want to get to, and whether *Retirement Your Way* is the right fit for you or discuss other options. Book your free call [here](#) or email dani@second-spring.co.uk.

Ready to choose Retirement Your Way?

Book [here](#).

*If the Client decides not to continue after the first session, upon emailing Second Spring at dani@second-spring.co.uk the Client will receive a refund of £600 if paid in full, or £200 of the first instalment paid. The programme is otherwise non-refundable.