

Retirement Coaching Supports You to attain your Greatest Fulfillment

Written by: Leah Shmerling CMF

Retirement Coaching supports individuals to attain the greatest fulfillment and find meaning in one's later years. We work one-on-one with clients delivering, a highly personal and customized planning for retirement plan to make the most of life in retirement. We do this with personal care and optimism.

- With the client, retirement coaching considers pertinent questions such as:
- What are your retirement goals? What are your responsibilities?
- What does your retirement look like?
- How are you going to spend your time? What are your hobbies and interests? What is your life balance?
- Are you retiring or downshifting your career? What type of work commitment suits you, your family and meets your physical health? Is a career shift an option?
- What are your relationships like?
- How do you manage your health?

Let's consider ways of incorporating the benefits of work into the retirement period.

Work can be undertaken in a new capacity with reduced hours and commitment, such as voluntary work, mentoring younger people entering the industry, part-time or casual work, consultancy or a new work role.

This brings:

- some income with perhaps additional superannuation
- sense of purpose and status

As one contributes, they are building a new identity and increased self-esteem.

Individuals can explore their interests and renew old passions that were un- or under used, as they worked and built careers.

As a teenager/young adult, music may have been a passion that was dropped as one built their career and was raising a family. The new retirement would rekindle the enjoyment that music brought.

Involvement of activities at work, leisure and hobbies means that individuals

- manage their time
- and socialise with others

To plan a meaningful retirement takes time, and honesty. But there's also **fear** attached

You wonder, how can such a well-deserved period in our lives, one where we have saved for such a long time, be clouded with fear? Let's look at some of these fears.

Fears

- **Letting go** – you have worked for many years, have a routine, are 'busy' and now we are faced with the opposite – no work, and largely unstructured time.

The individual has moved from one **extreme** of full-time work – to the other, no work.

- **Facing yourself** – can't hide behind one's work role, busyness, meetings or emails. This is about your identity and self-image.
- Perhaps it is recognising that you need to spend more time than previously with your **partner**. You're wondering, how do I do this? What can we do, talk about?
- You may have recognised that through full time work, you've **neglected** your **personal relationships**, or your **hobbies**. Yet, you know that it is probably good for you to catch up with your friends and spend time on your hobbies. How do you reconcile this situation?
- You may **feel guilty** about spending time and money on yourself and having fun. You may ask yourself: 'am I worthy of this?'
- Or, your **vision** may be of yourself only working hard without fun! How do you change the vision? It's now you are feeling the privilege and enjoying your retirement.
- Or, you are **fearful** that during your retirement you will become the available 'full time' babysitter for your family.

Retirement is a stage of your life that is a gift. Rather than assuming your retirement will fall into place, it deserves a holistic plan to create a meaningful retirement.



I'd like to leave you with the final question:

'How Do You Want to Spend Your Time during retirement?'



[More Information on Training](#)



[More Information on Coaching](#)



[Are you ready for Retirement Questionnaire?](#)



[Talk to Leah](#)

Leah Shmerling CMF

Director and Principal Consultant of Career Coaching & Training. Career Development Expert. Trainer, Coach, Author & Freelance Writer. Producer of Online Professional Development courses.