

*"Working with Susan is very gratifying. In three years I learned more about myself than in all of my other (many) years combined. I learned how to work with others much more effectively in personal and professional relationships. The take-home skills continue to serve me well and have helped tremendously with my family and career."*

Susan Schoos, H.I.C.C.  
*Forward Motion*

### **Can Retirement Coaching Help You?**

*Imagine you're 85 and looking back on your life...*

- : What do you want to be happy about accomplishing?
- : What would constitute your proudest moments, highest purpose, happiest times?
- : What still needs to be said or done?
- : How will you have contributed to your world?
- : Are you on track for making that time of looking back a deeply satisfying one?

This is one-on-one, in-depth coaching built around a process of identifying and implementing a series of individualized accountabilities in the creation of a meaningful retirement. For those who take the 4 R's of Retirement Workshop first, Retirement Coaching will focus on filling in the details of the framework discovered in the workshop. Retirement Coaching can be helpful anywhere along the path in planning one's retirement and typically lasts a minimum of 4-6 months. For those already well aware that time is precious, Retirement Coaching is for you, full of ongoing feedback and accountability.

### **Weekend Workshop**

#### **The 4R's of Retirement: Rejuvenation, Recreation, Re-Education, Reconnection**

This is an intense weekend experience at a spectacular Puget Sound area resort, full of epiphanies and conviction exploring the most enjoyable and opportunity-filled aspect of the second half of life. You'll benefit from ideas and experiences of others in the room as you are guided through the process of defining the meaningful framework for your future. There will be many details to fill in later through one-on-one coaching or dedicated personal work, but you will leave with a solid overview of what retirement is and isn't and you will be prepared for the myths that will suddenly confront you when you find yourself officially retired. It's an ideal workshop to take with your spouse!

#### **Workshop Benefits**

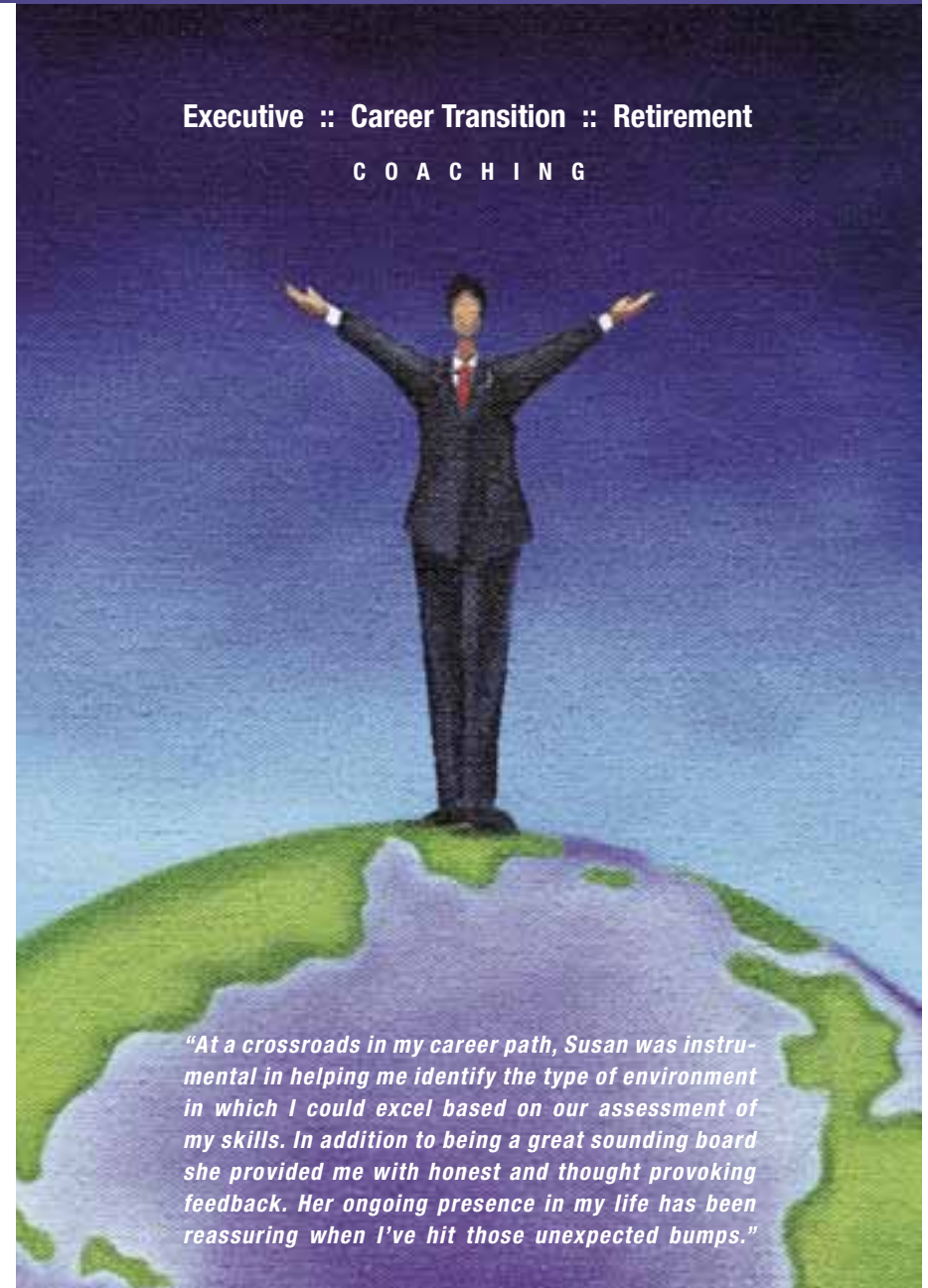
- : Removes dread about growing old.
- : Expectations around aging will include passion and joy.
- : Your focus will be on opportunities for growth rather than decline.
- : Mental energy for creating your future will soar.
- : Abundance will replace scarcity in your future.
- : You'll learn how to leverage past successes and failures in making future choices.

Please contact us for more information about this energizing, inspiring workshop!

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**Executive :: Career Transition :: Retirement**

**C O A C H I N G**



*"At a crossroads in my career path, Susan was instrumental in helping me identify the type of environment in which I could excel based on our assessment of my skills. In addition to being a great sounding board she provided me with honest and thought provoking feedback. Her ongoing presence in my life has been reassuring when I've hit those unexpected bumps."*

*“Susan brought forward one or more ‘hidden’ mental molds that I absolutely needed to have brought to the surface. I appreciated her genuineness and candor. She shared enough of herself to make it easy to share myself. She holds yourself to high standards and helps others by simultaneously supporting them and yet holding them accountable.”*

*“Susan walked me through an understanding about life cycles and their relevance to meaningful work. She coached me to a better understanding of myself and empowered me to a stronger self confidence. She helped me peel off the circumstances distracting me from moving forward, and I was able to deal with core issues about my self and my passions.”*

### Who Needs Coaching?

Executives, those in career transition and those about to retire can all benefit from my coaching services. Perhaps you're trying to replace a frequent feeling of running in sand with feelings of success. Maybe you want a business mentor to bounce ideas off of or you just want help getting the results you need from your employees. You can be paralyzed with indecision about your current job or considering doing something entirely different. Maybe your grand plan is behind schedule and retirement is getting closer. My method of coaching helps clients power through all of these dilemmas. Life is about the journey, but for many, it can be brutal. I'm here to help you pick up the pace.



I'll teach you how to make U-Turns where needed as well as how to create a life full of intention and responses, rather than reactions and default settings. I will coach you in a way that speeds up your own internal process by drawing out the answers hidden within you. It could be several years before answers find their way to the surface naturally, or I can help you figure things out before your next birthday. One thing is certain: The older we get, the more we realize life is finite. Make the most of it.

If you're someone who knows the feeling of being on top of your game and that feeling is now missing, I'll help you retrieve it. Soon.

### Can Career Transition Coaching Help You?

- : Do you let fears of learning new technical skills keep you locked in place?
- : Do you feel powerless in light of upcoming changes?
- : Do you wonder what's on the other side of this transition you're going through?
- : Are you terrified at the thought of having to write a resume or go on an interview?
- : Do you even know where to begin in the job hunting process?

If you're considering changing your career or an aspect of your current job in a major way, Transition Coaching is designed for you. Together we'll clarify your strengths, interests and values and you'll set the criteria for your future. We'll identify the patterns in your life and distill your preferences among them into meaningful direction. Whether you've initiated the change, or have been asked to make some changes by your boss, the results from our Transition Coaching will meet the challenge. Your vision of success will define how you split your time between work, family, personal interests, and community. I'll walk you through

the transition process and help make it as painless as possible for you. I will positively critique your process and help you find your perfect job. I will not “get you that job,” but I will give you all the tools necessary for you to get the job yourself. And when you complete your Transition Coaching process, you'll either have that perfect position or be well on your way to having it. And, this will all be pulled from information deep within you. I will serve to clarify the process.



### Can Executive Coaching Help You?

- : Are there areas in your job that you are avoiding or that are recurring hurdles?
- : Do your employees not follow through with what they say they will do?
- : Are you putting off a “difficult conversation” with an employee because you aren't sure what to say or how to say it to them?
- : Do you feel that you are “out of step” with your peers on the management team?
- : Might a mentor help you in your job right now?

If you're a senior manager or executive who wants to acquire new skills for advancement or if you're barely hanging onto your role or position, Executive Coaching is for you. If you are a business owner who has never had a mentor or someone to bounce ideas off of, coaching can help you. Individuals and managerial teams come to Susan to improve skills in communication, supervisory/managerial training, conflict resolution and conflict avoidance. Whether you come with identified goals or the only thing you know for certain is that the status quo is no longer an option, an initial consultation will identify where our work together needs to begin. Whatever your situation, you're not alone. Many have risen to their executive position slowly, “the hard way,” yet our process together will move you forward faster, saving time, energy and money. Many natural entrepreneurs are not natural managers and find themselves floundering in management roles. Others find themselves “lonely at the top” and have no way of learning needed skills. Executive Coaching performs the roles of mentor, impartial third party and advocate. Whether you're a lone executive or working as a team, I will move you, your department and your company onward and upward. I invite you to take the first step by contacting me.

