



Reimagining Retirement

How to Make the Most of the Rest of Your Life

Connie Baher

US Business Communications

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The plan

- Share what I've learned

The plan

- Share what I've learned
- Show you some tools and approaches
- Today is about taking some time out for you
 - to look at where you are
 - what you really want from the years ahead
 - So you can make the most of the rest of your life



Quick Bio

Connie Baher

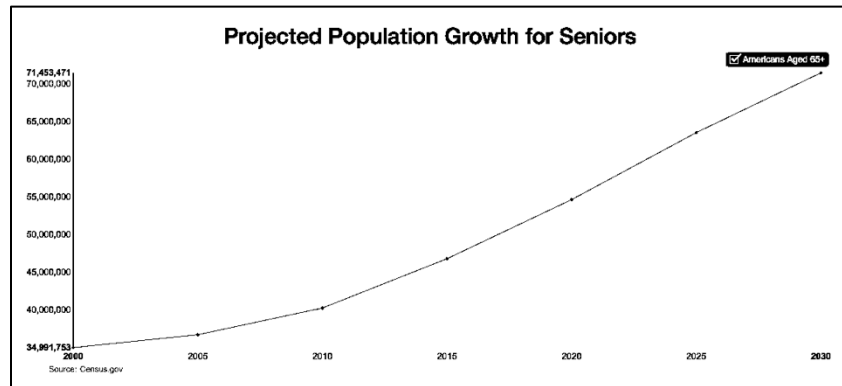
- **The Boston part:** Wellesley, BA; Harvard MBA
VP Marketing, Biz Dev of 2 tech companies
- **The California part:** US Business
Communications, strategy consulting &
executive education, for tech companies,
Veterans Health Administration, Small
Business Administration, American
Management Association
- **The Cambodia part:** Management
workshops for museums and cultural
organizations
- **The Now part:** Faculty at Honor Foundation,
for ex-Navy Seals transitioning to civilian jobs;
run a mini-MBA program for Harvard Business
School Club in San Diego
- Fascinated with people's retirement lives...

Pioneers

Who ever thought I
would live this long?

Who ever thought WE would live this long?

- 10,000 people will turn 65 **every day**...until 2029
- People over 65:
 - 2000...35M
 - 2018...52M
 - 2050...83M

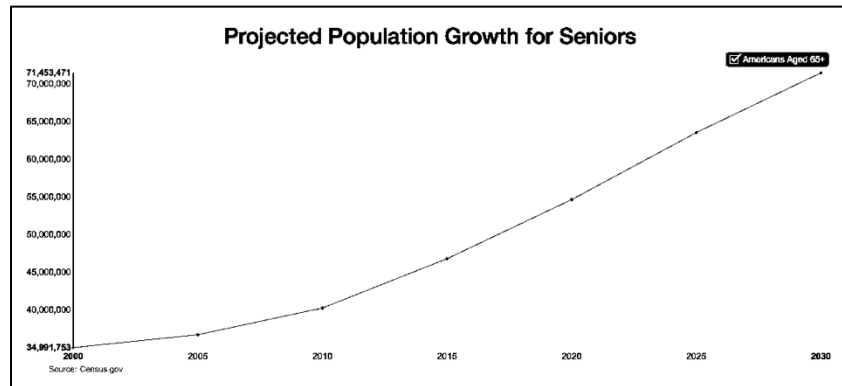


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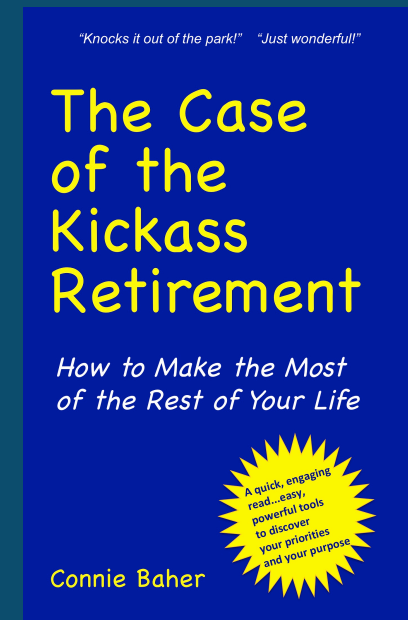


AND ...

- we're living longer than at any other period in history
 - Women reaching 65: average life expectancy **86**
 - 2000 – 2014: Americans over 100 increased 43%

The Unexpected Decades

- Gold watch...
- How to navigate the years ahead:
 - Where's the compass
 - Where's the guidebook
- Research...interviews...workshops
- *The Case of the Kickass Retirement*



What we're after...

- Not financial or health or living issues...
- Planting seeds...
- Focus...what do you want to do with the rest of your life?

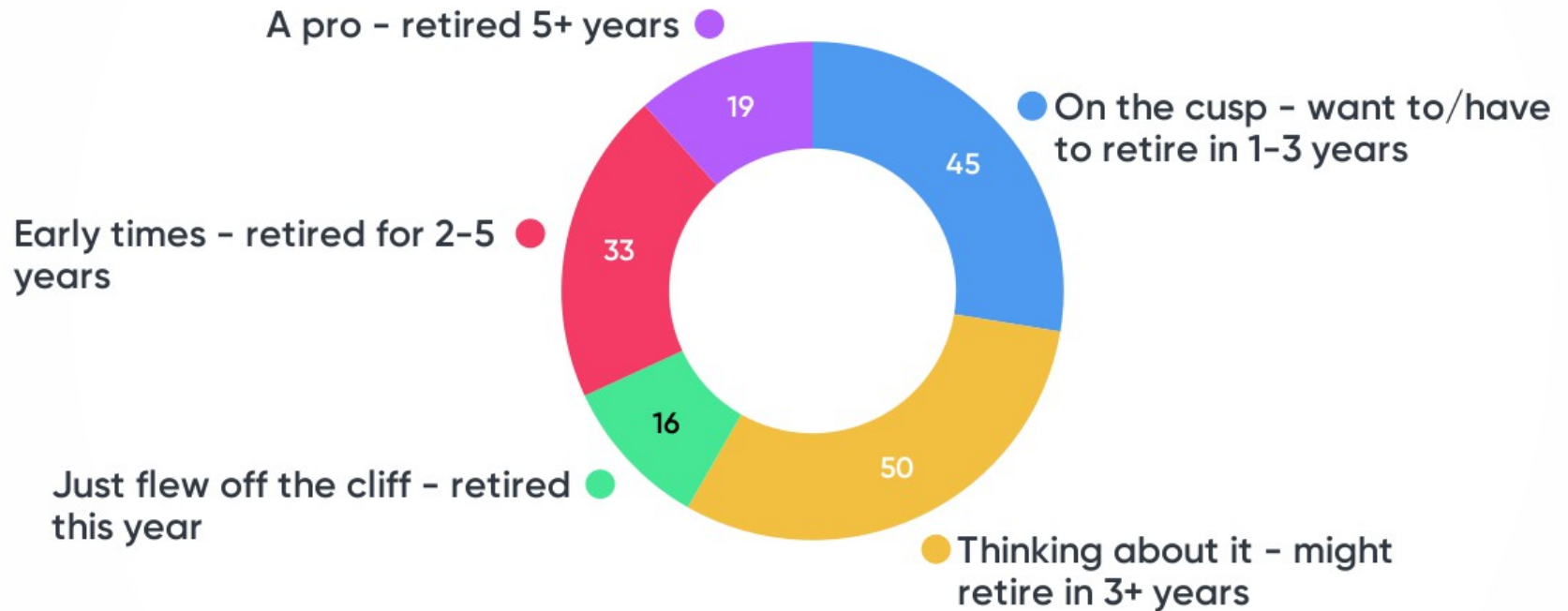


What we're after...

- Not financial or health or living issues...
- Planting seeds...
- Focus...what do you want to do with the rest of your life?
- 10% happier
- Ideas, insights... reaffirm your direction



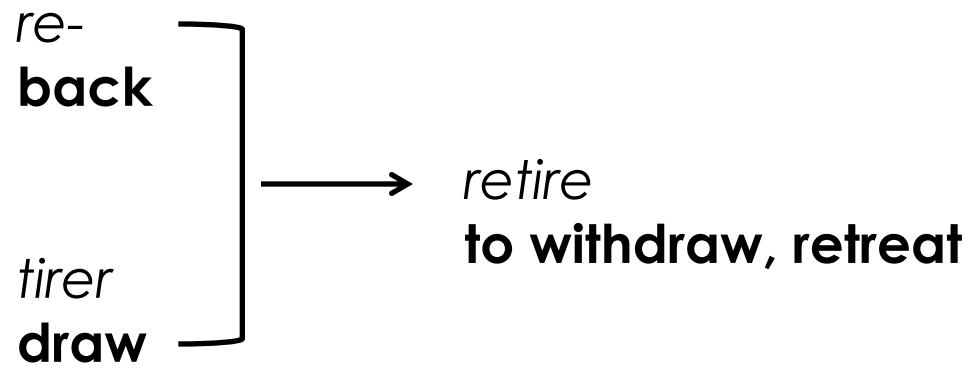
Where are you on the retirement timeline?



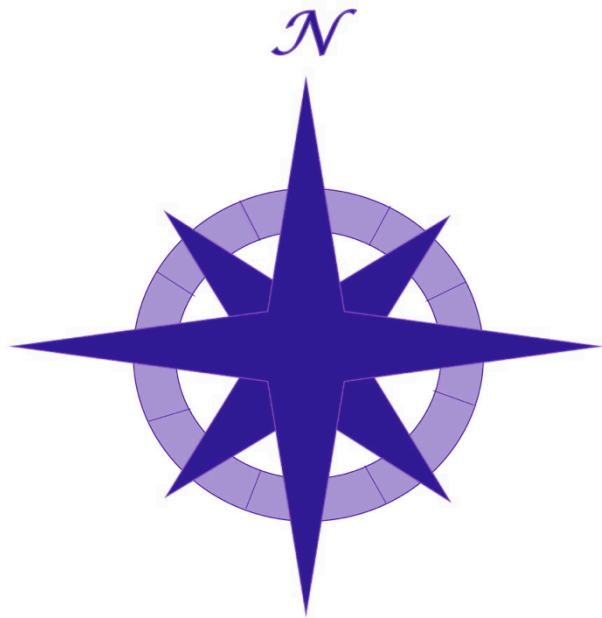
A confession

re·tire

from the French








What are YOU
looking for in
retirement?
What would
make these
years satisfying?




**engagement,
relevance**



give back



**positive
attitude,
resilience**



**explore...be
curious...learn,
try new stuff**



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**purposeful
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**don't save the
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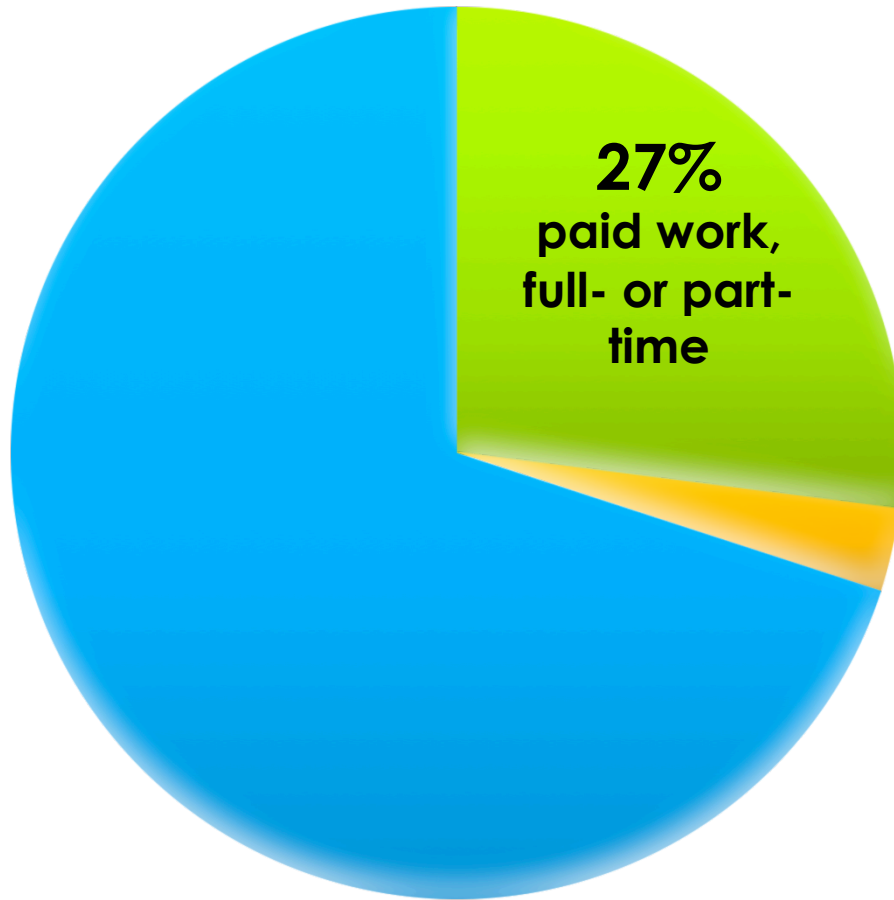
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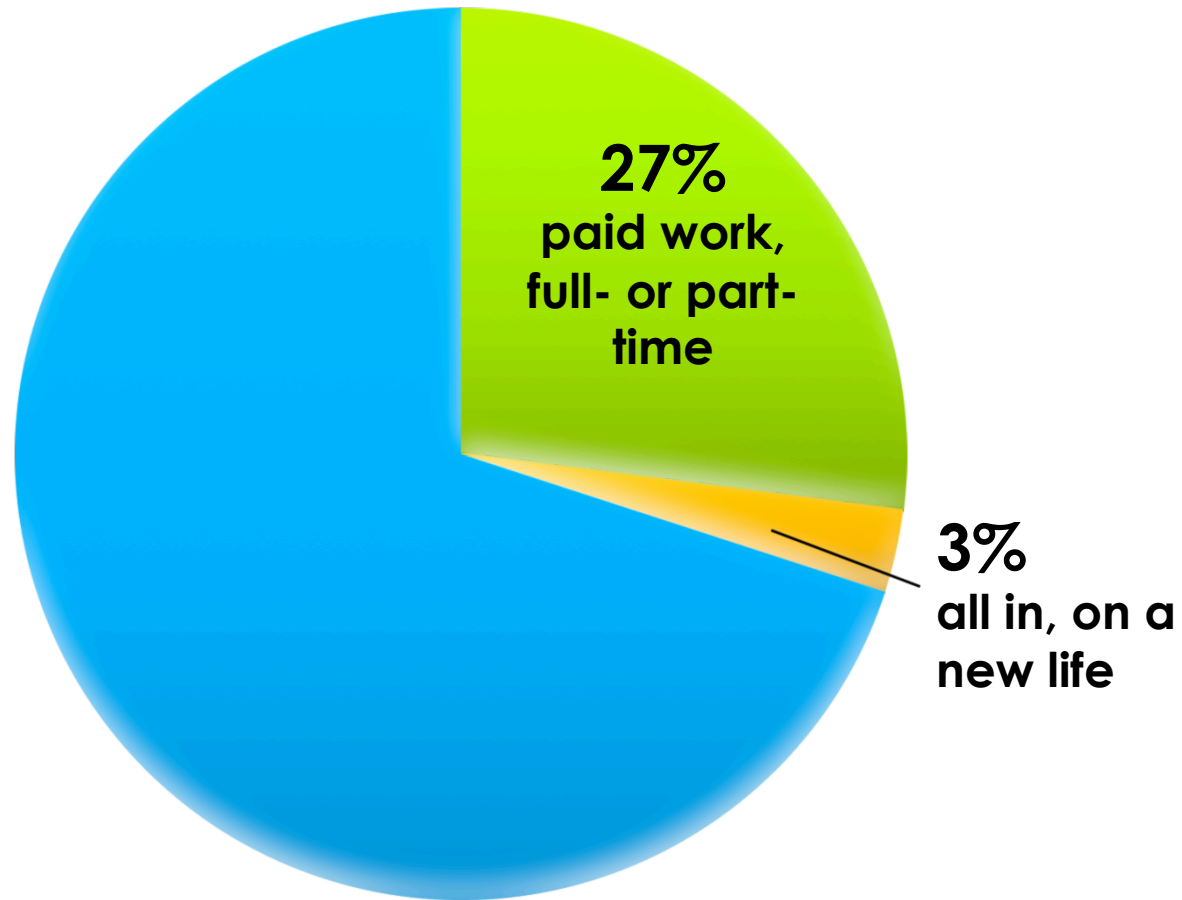
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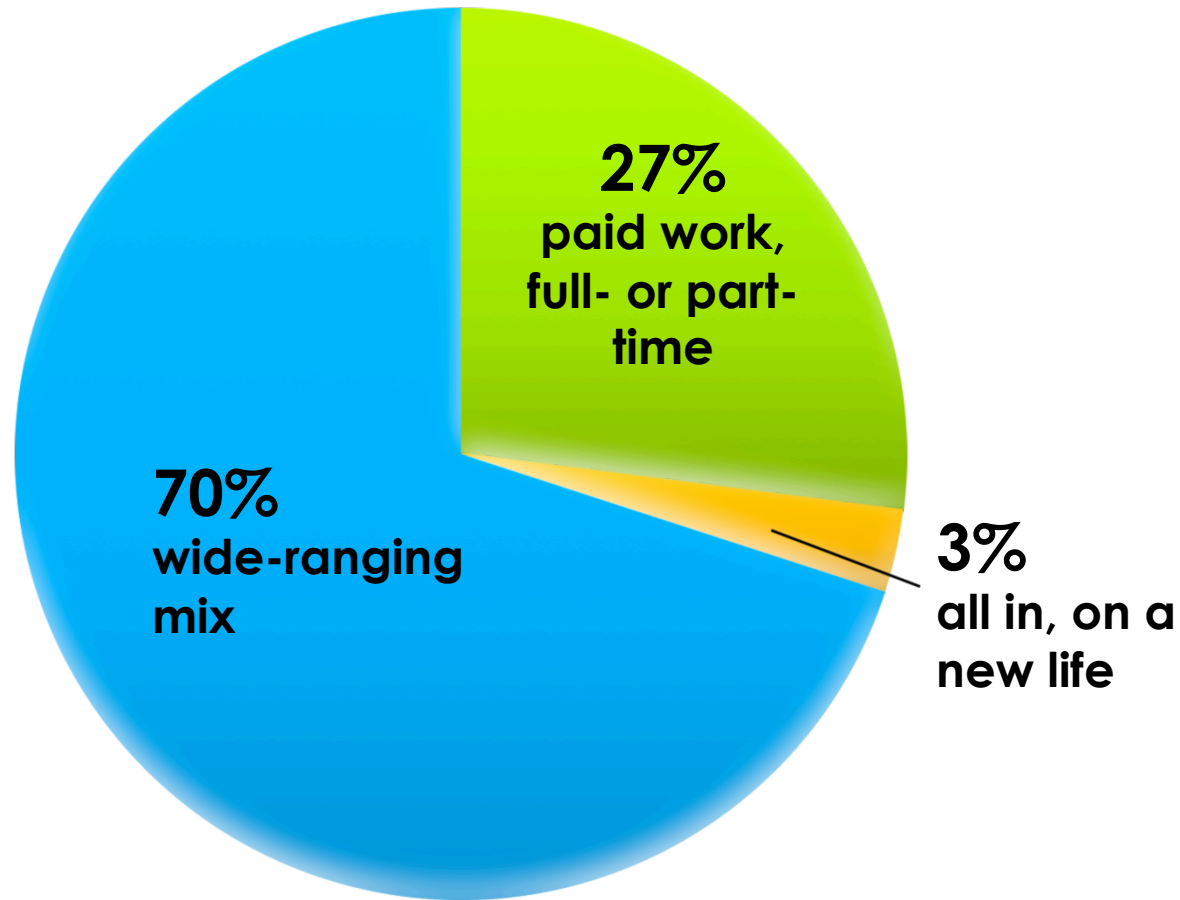
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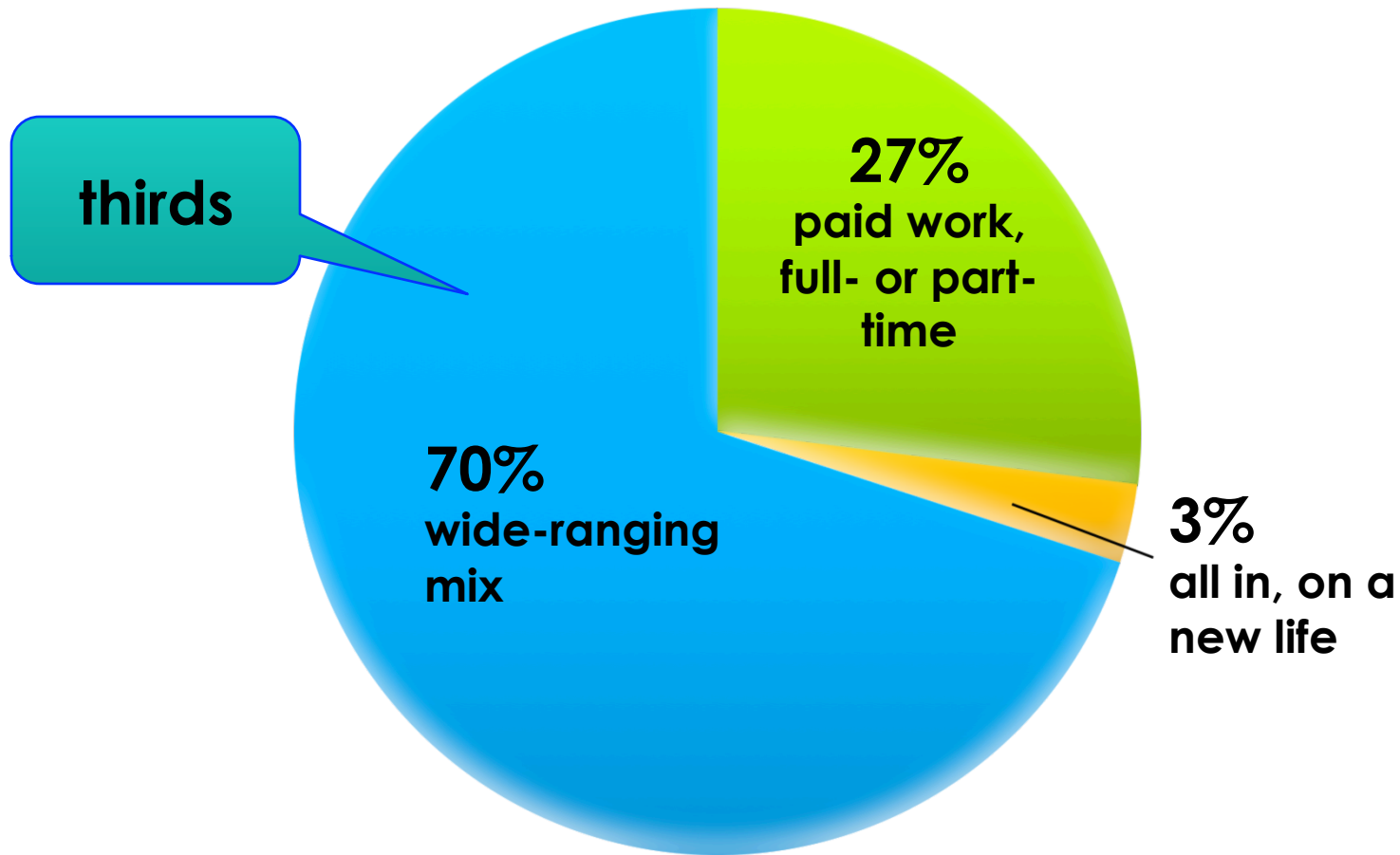
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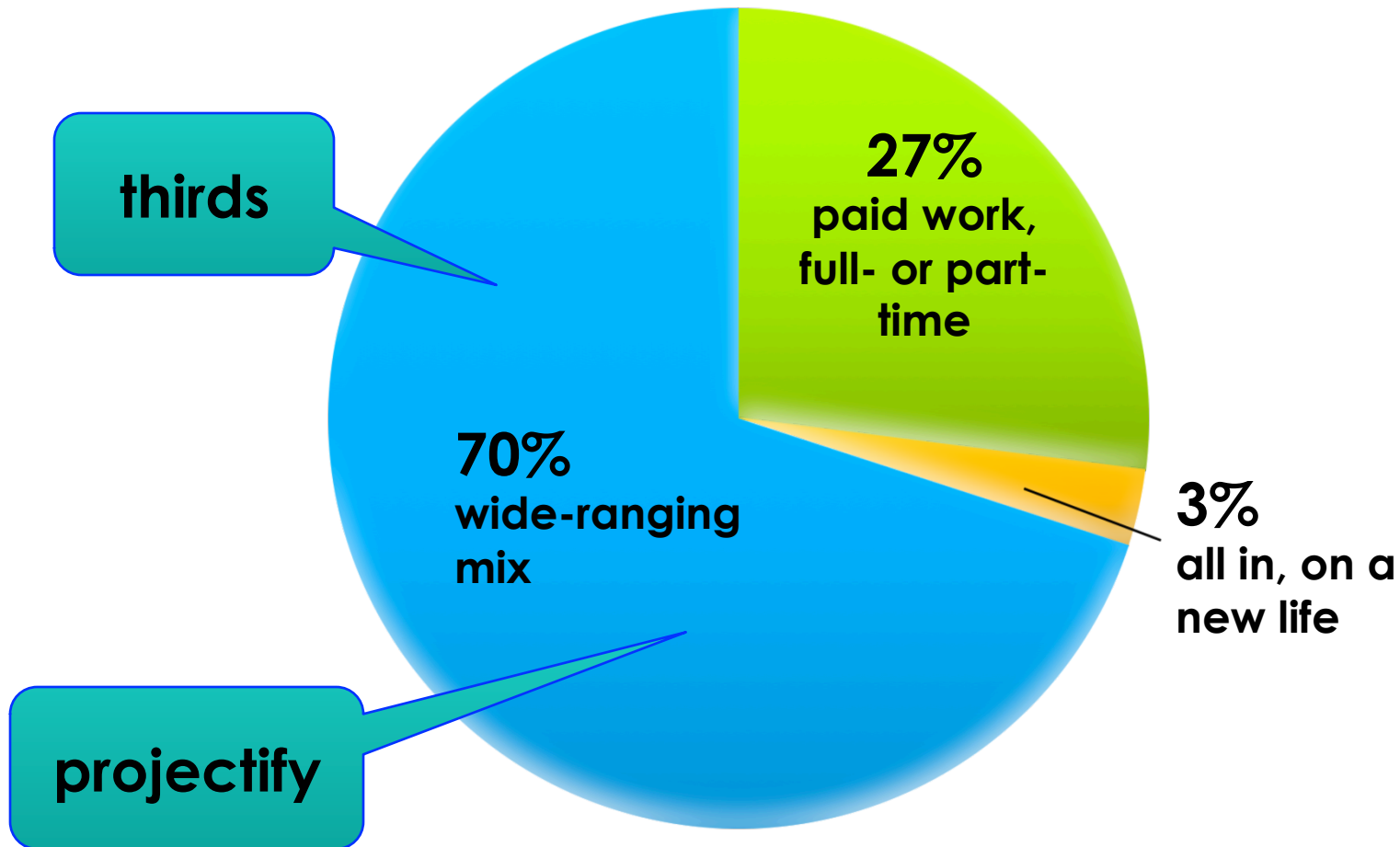
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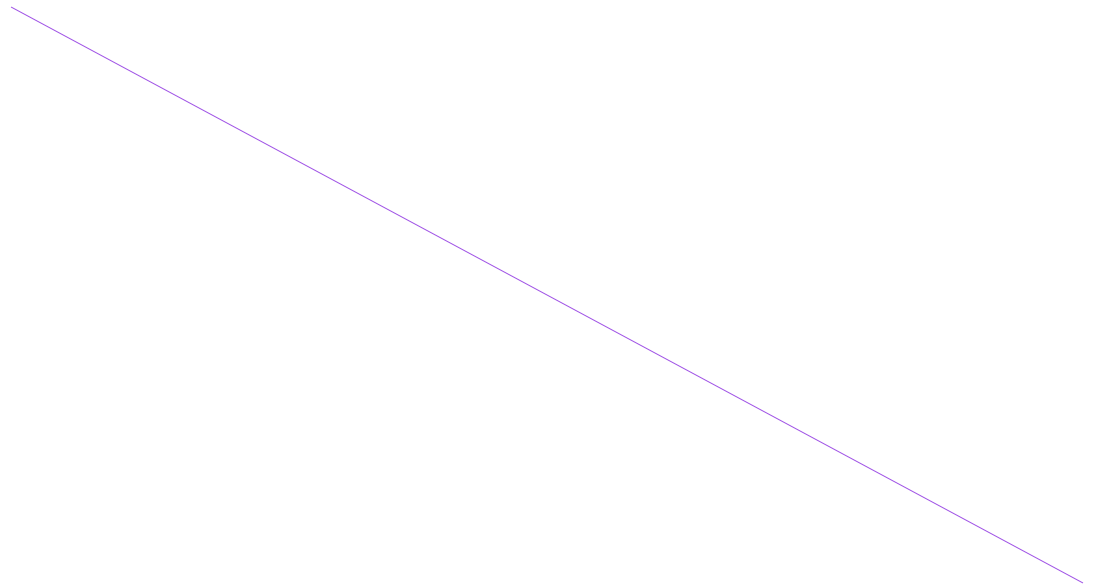
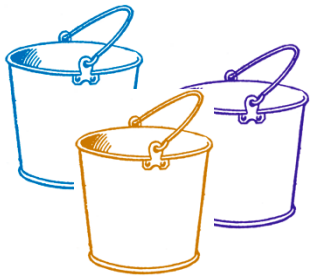


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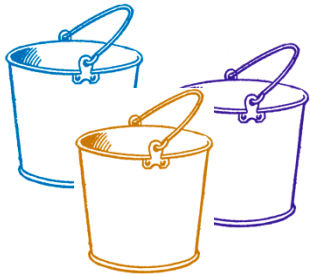
Inventory: What are you doing now?

Three
buckets



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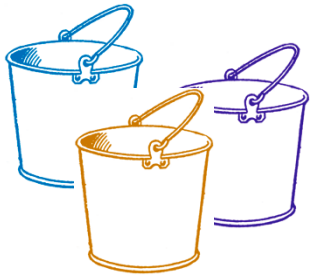
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Personal

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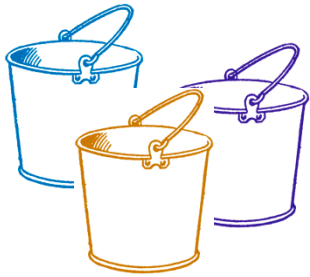


Personal

Family & Friends

Inventory: What are you doing now?

Three
buckets



Personal

Family & Friends

Community

Do you like what you see?

- Where have things gotten out of whack?
- Where would you like to make some adjustments?

Today's Buckets—Your Life Picture

What are you doing now?

Think about all the activities you're currently involved in and jot them down under the appropriate bucket. There's a rough progression here, from core "YOU" activities outward to family and friends, to the broader community and outside world.



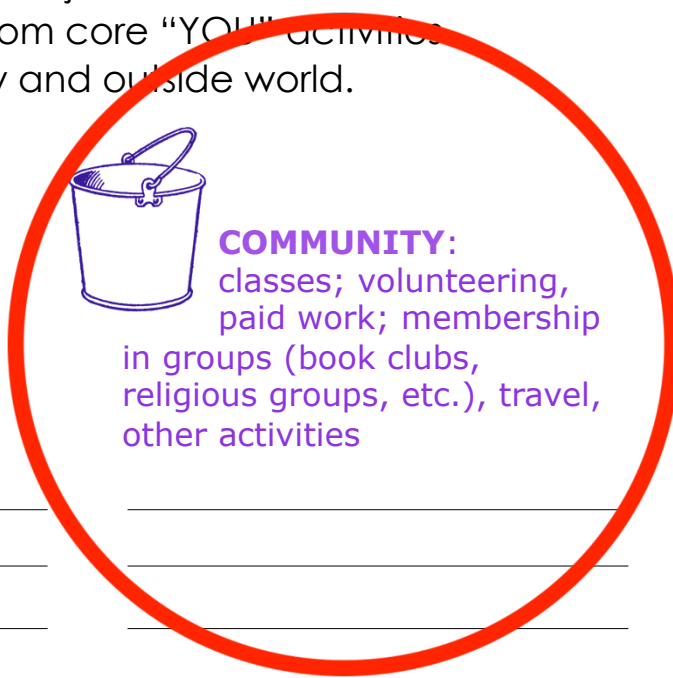
YOU: looking after yourself—fitness, health (physical, mental, emotional, spiritual); taking care of your home; pursuing hobbies



FAMILY & FRIENDS: tending to and visiting with family; spending time with friends



COMMUNITY: classes; volunteering, paid work; membership in groups (book clubs, religious groups, etc.), travel, other activities



Amping it Up

The Magic of Flow

What's Flow?

The Hungarian-American psychologist, Mihaly Csikszentmihalyi —by many accounts, the father of Flow —explained it this way:

"The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz. Your whole being is involved, and you're using your skills to the utmost."

Amping it Up

The Magic of Flow

- Flow is a mental state where you are
 - fully immersed in the present moment
 - totally focused
 - unaware of the passage of time

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Amping it Up

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 - unaware of the passage of time
- The payoff is

more flow = more happiness

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Flow...I lose track of time when I...

- read
- watch movies
- garden
- play with grandkids
- write
- do my art
- cook
- make music
- ski...play tennis
- take a long walk
- talk to my best friends
- do yoga...tai chi...Pilates
- meditate
- learn something new
- play chess...bridge
- surf the Internet
- other_____

The Champagne Bucket

What are the sparkling, extra-special things you've always wanted to do?
What could make your life especially meaningful?



Think big or small...from writing the novel you've been thinking about, to getting involved in a political movement, to passing along your favorite recipes.

Think about the legacies you want to leave—tangible and intangible. Jot down the things that you'd like to do.

There's a phrase attributed to several people, including Eleanor Roosevelt

What would you do, if you knew you could not fail?



Eleanor Roosevelt

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What would you do, if you knew you could not fail?

- What might you do with all of your passions and interests and abilities?
- What ideas or projects have you been incubating?



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And what if you could not fail?

A little homework...



Go back to your Champagne bucket

- What can you add to your list?
- Are there old dreams that you can let go of? (what if you never become fluent in French--ever?)
- What can you modify, reinterpret, reframe?
- Share your idea, your project. People will help you...
- What first step can you take? What if you try to write Chapter 1 of your novel?

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Ask yourself, if not now, when?



Wrap Up

Setting intentions: what do you want from retirement?

The big picture: what do people do in their later years?

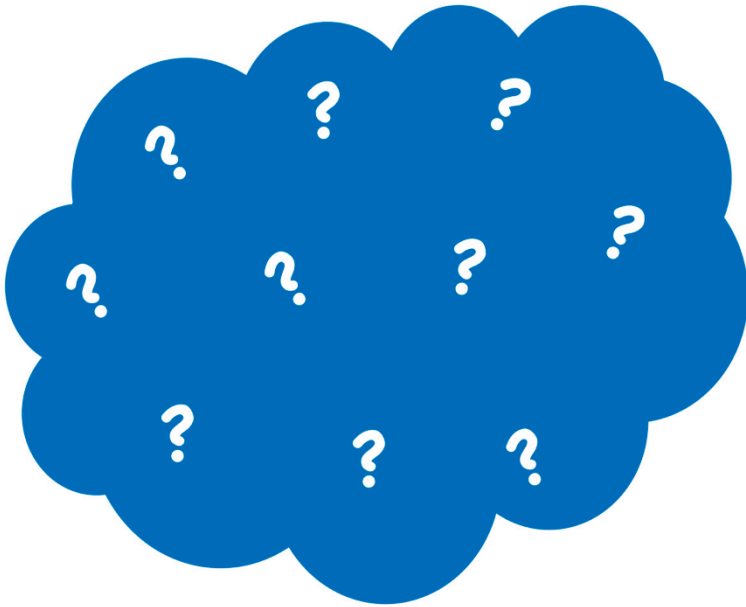
Your personal map:

Step 1: Take inventory

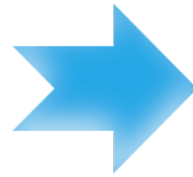
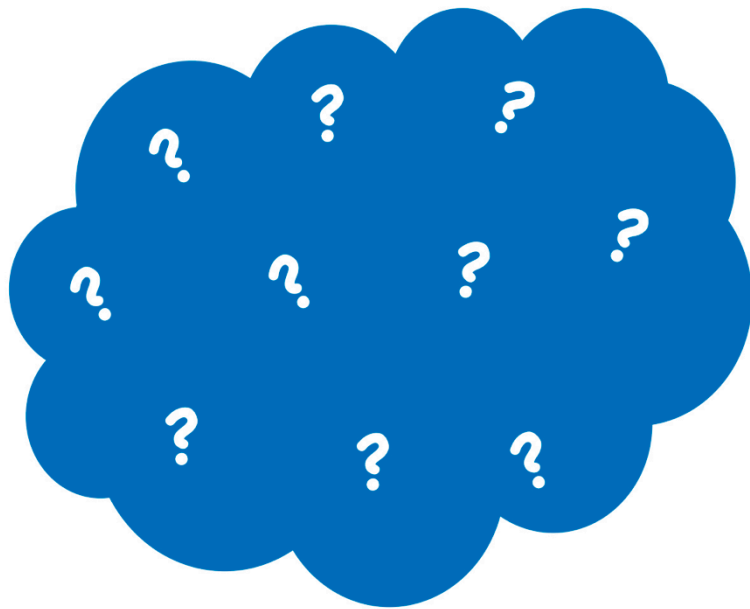
Step 2: Adjustments? Find the Flow...amp it up

Step 3: Add in the champagne...the sparkle...

Moving from



...to your own compass



Craft the rest of
your life with
engagement,
purpose, and joy



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Thank You

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[The Case of the Kickass Retirement](#) on Amazon



Resources

- Authentic Happiness. Martin E. P. Seligman, Ph.D. (Free Press, 2002)
- “Clearing.” Martha Postlewaite. (wildandpreciouslife0.wordpress.com)
- Designing Your Life. How to Build a Well-Lived, Joyful Life. Bill Burnett & Dave Evans (Alfred A. Knopf, 2017)
- From Age-ing to Sage-ing. A Revolutionary Approach to Growing Older. Zalman Schachter-Shalomi and Ronald S. Miller (Grand Central Publishing, 2014)
- Legacies of the Heart. Living a Life That Matters. Meg Newhouse, Ph.D., (Ebook Bakery Books, 2016)
- Meditation for Fidgety Skeptics: A 10% Happier How-to Book. Dan Harris, Jeffrey Warren, Caryle Adler (Spiegel & Grau/Random House, 2017)
- The Science of Well-Being, Yale University, free via [Coursera](https://www.coursera.org/course/well-being)

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