



Retirement – Easing The Way Ahead!

By Vickie Townson

Retirement is a significant life transition. Many approach it with feelings of anticipation but also with a degree of anxiety, not wanting to experience retirement in the traditional sense, but unsure of what to do.

By creating a clear vision of your retirement that is fulfilling and fun, you will avoid the trap of “busyness” that many people fall into when they retire.

As a life coach, I believe planning for retirement is a two-pronged approach. The first step is creating a vision of your retirement, and the second step is determining how to include those activities in your life now. If your vision and activities are not part of your life now, they are less likely to be part of your retirement.

To assist you in creating your vision, take a moment and imagine that you are retired, you are in good health and are financially secure. Think of at least five activities that you want to do when you retire. Don’t censor yourself in any way.

Once your list is completed, consider how many of those activities you are doing now. Is there anything you need to do to ensure that you will be able to continue to do them in retirement? If you are not doing it now, how can you begin to include them in your life so there is an easy transition into retirement?

Once you have your vision of retirement, remember that it needs to be shared with those closest to you. Your retirement impacts those around you, especially if you are married. There is an adjustment period in your relationship with your spouse when you retire, especially being at home together twenty-four hours a day. Consider that your spouse may have different expectations of your life together once you are retired. To avoid any surprises, share your vision with your spouse. What is their vision? How does it fit with yours?

An example is Nora’s experience. She had been retired a year, before her husband retired. All of the sudden she found she had become the “entertainment committee”. Every morning at breakfast he would ask: “So what are we going to do today?” That wasn’t part of Nora’s vision!

Whether married or not, there is also a sense of isolation when you retire because of the loss of the social network from your working environment. It is important to take time now to build

Dana Richardson
Life Transition Coach
(613) 225-4846
Dana@partnersintransition.com

www.partnersintransition.com

68 Grandcourt Drive
Ottawa, Ontario K2G 5W9

Vickie Townson
Life Transition Coach
(613) 224-9259
Vickie@partnersintransition.com



and strengthen relationships with your family and friends as well as considering ways of expanding your social network in your community.

Finally, it is essential that you continue to have a sense of purpose after the ending of your career and working routine. What do I mean by purpose? It is your way of contributing or making a difference in your community that is meaningful to you. It is being involved in an area that gives you a sense of fulfillment rather than filling your day with busy-ness.

To assist you in discerning your area of contribution, imagine yourself at a ripe old age, sitting on a porch in a rocking chair. As you look back on your life, what are you glad you did? How do you want to be remembered? Your answer may give you insight to your legacy.

Your vision of retirement may change over time but by taking steps now you will lay a good foundation to make the transition easier.

Vickie Townson, PCC, Life Transition Coach and co-founder of Partners in Transition, has been coaching for over six years. Through coaching and seminars, Vickie assists her clients in dealing with the lifestyle issues of retirement. This new stage of life is an opportunity to dust off your dreams, explore new possibilities, and have a renewed sense of purpose. Vickie also has first-hand experience on how to survive and thrive through a spouse's retirement, even in the midst of working from a home office!

