

Naomi Baker Business Coaching Ltd

Giving you the strength to go far!

Your Retirement

This is an example recommendation summary; your recommendation will be tailored to you.

Service Delivery

This service is intended to be run over the course of six weeks. The different stages are as follows:

Stages	Description
Online Communications Questionnaire	This takes no longer than 7 minutes and provides an insight into your communicate preferences, so that we can work together in a style that suits you.
Discovery Meeting (90 mins)	It's all about you, and this meeting is focused on getting to know and understand you, and what you want from your retirement, and any challenges you have or may foresee.
After giving it some thought, if at this stage you decide you do not want to go any further, there are no obligations on you to continue. If, however, you decide that achieving the retirement you really want is something that is important to you, the service will continue as follows.	
Session 1: What You Don't Know (45 mins)	<p>This session is used to help you discover exactly what it is you want from this life change.</p> <p>I have no doubt You will already have a very good idea of what you don't want, but in order to move forward you need to have a clear idea of what you do want. This can be daunting for some, but with a coach you have the ability to tackle it head-on without letting your negative self-talk get in the way.</p>
Session 2 - 5: What Will You Do (45 mins per session)	<p>What is worked on during these sessions will be completely up to you. Depending on what you have identified as important from the previous session, we can look at a range of topics from picking up hobbies, planning your once in a lifetime holiday, to scheduling in volunteer work and down time.</p> <p>Trying to think of how you will even begin to start retirement can be daunting, but when you work with a coach who believes in you and your plans, it can make the transition feel effortless.</p> <p>Using all your resources, some of which you are not aware you even have yet, we will work on completing actions that move you closer to your goal.</p>
How's It Going	<p>During the next few months as you work on your plan taking each step at a time, you can contact me via email with any questions you may have, or when you just need to be re-focused.</p> <p>Don't worry, I'm not going to leave you there, after two months of working on your actions, I'll call you to see how you're getting</p>

	on, and answer any questions you may have, and if you feel you require more coaching time, we can certainly arrange that too.
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Booking and Questions

To book or ask questions about this service, please feel free to contact me and I will be happy to help.

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