

Nancy Schwartz

Transforming Executives to Create a Healthy Retirement



When I was preparing to launch Envision Healthy Retirement, I spoke with many Executives like myself who were approaching retirement. Like I had been, they found that while they had the financial planning secured, they weren't sure what the next stage of their life should look like.

Today, my mission is to disrupt the way people think about retirement. The outdated paradigm of retirement is no longer serving us. When marketing firms conducted global studies on the word "retirement," respondents associated it with sadness, a sense of the end, and loss of hope. If you follow this interpretation, it would mean that your best years are behind you.

But if retirement is simply aging in a rocking chair, feeling lost, why did we work so hard to get here? What if instead of seeing it as an ending, we saw it as a fresh beginning?

My goal is to help people envision, plan, and then actualize a healthy retirement life. We can take what you have learned in our careers and our personal lives and apply that to our retirement – and forge a new way of being to experience the world!

When clients started inquiring about the company's proprietary process, I presented a 12-week science-based transformational journey. The feedback was enthusiastic because it includes both health and retirement pillars. A client's retirement journey is personal, and no two people are alike. I am grateful for the clients who signed up immediately, and reported their successful transformations.

For those of you on the side lines afraid to step forward into your own power, or confused about the next steps, this article is for you. Several potential clients said they weren't ready to do the internal work needed for the transformation. When asked about their roadblocks, they reported not having time to commit, pressure from family and friends, or simply feeling overwhelmed with life and not knowing how to start.

Retirement can be a scary word. Often the professional doesn't realize the large impact of the loss of a career in which much of their identity was wrapped up. This loss can send many people spiraling into fear or depression or feeling disconnected from themselves. Retirement is one of the stages in life people don't fully comprehend until they have experienced it.

All of this is why I believe there is a sense of urgency to plan for **YOU**. You see, we tend to forget that time is a limited resource and it evaporates quickly, especially as we age and our health can become harder to manage. It's time to take action today!

I would like to share with you a little about **YOU Planning™**:

The first thing I tell my clients is PLAN YOU! That's right, you! We plan for everything from grocery store lists to vacations. You sought out better career opportunities, and built a trajectory of success. You even planned for your financial retirement, right? So why not plan for this stage of life so that you can maximize the benefit of all your hard work?

Do you know that in a recent Transamerica Study two out of three retirees say their employer didn't help them transition into retirement? Many corporations still look to oust aging employees. Often a career is cut short due to those company initiatives. Pay attention because this reality is real and takes most people's breath away. As my former CEO told me, "Remember Nancy, no one is really ever secure, not even the CEO."

In my observation, most executives have been on a bullet train ride for decades. Traveling, managing companies, building products, and answering SEC requirements. You have done it all, and there is no time left for you.

Science points to the fact that around retirement major life changes occur. Empty nester syndrome, caring for grandparents, and family members. First time health issues arise in your body because you have operated with no rest. Did you spend your vacations always

plugged into a phone or a computer? Chronic stress, weight gain, poor gut and brain health, and a decline in athletic ability are now a reality.

Hence the importance of "**YOU Planning™**". **YOU** are the most important piece of the retirement equation! It is **IMPERATIVE** to take time to discover who you want to be in healthy retirement.

In the whirlwind of your life you left you, and focused on external goals. Now is the time to focus on internal goals and become reacquainted with yourself – get to know **YOU** again! So much has changed and the landscape of the world we live in and who we have become is different. In our transformation, we start with tough questions such as **WHO ARE YOU NOW?**

I'm curious, do you have an answer to that question? I didn't. Don't worry – you are not alone, most people don't.

It's important to explore that question first because the answer requires reflection. Additionally, the answer may shift, as different goals present themselves over the years. You can build a new identity supported by behaviors and habits to formulate the new you. Additionally, I work with clients to look at how they are aligned to their beliefs, values, and a higher state of being. Eventually, this formula will become your unique fulfillment. Maybe this could mean spending more time with your grandchildren, getting involved in philanthropic work, or serving on a Board – what are your healthy retirement goals?

I love suggesting this exercise to new clients:

Pull out your smartphone, and take a picture of yourself.

- Look at that picture in vivid detail.
- What do you want to rediscover about you?
- Attach that photo and answer in a text to you. Press send!

Place this text and photo where you can see it during your daily life. Congratulations! Give yourself a high five! You have just begun an important dialogue with your innermost self.

Remember, **YOU are the important piece of the retirement equation.**

I guide executives like you in and around retirement from chaos to clarity envisioning, and then actualizing, a purposeful and healthy retirement life. I am dedicated to my client's success and growth, as they transform into a life they envision and own.

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