

Nancy Schwartz

Transforming Executives to Create
a Healthy Retirement

WHEN IS IT TIME TO HIRE AN EXPERT HEALTHY RETIREMENT CONSULTANT?

Many people have never heard the term “Healthy Retirement Consultant” until they meet me and then they find themselves curious to know what exactly I do. Many people are often focused on their finances when it comes to retirement, but overlook the importance of the non-financial aspects of retirement. There are so many levels to living well in retirement and financial planning is a small part of the life you’ll lead. So I focus on everything else in healthy retirement – the **YOU** planning!

I created a proven science-based proprietary process that includes building a mindset of personal growth, identifying a plan on how and where to invest time, and creating a holistic approach to mind, body, and soul. During this big life transition, developing new relationships and play are essential! I will guide you to expand your thinking, test new options and support you with systems, tools, and SMART action steps.

You may need a Healthy Retirement Consultant if you answer YES to any of the following questions:

- Are you experiencing health issues for the first time and feeling fear around becoming mentally and physically inactive?
- Are you worried about becoming lazy and unproductive lacking structure in your life?
- Are you suffering from chronic stress and not sure how to deal with it?



- Do you believe aging is something that just happens to you and that there’s nothing you can do to stay younger longer?
- Are you settling for the way life is rather than the way you want it to be?
- Are you feeling a lack of purpose and/or direction after leaving a successful career?
- Are you a high achiever who knows you have more to offer the world, but aren’t sure how to direct your path from here?

Of course, this retirement roadmap is personal, and unique to you. The list above is just a start, and you could be feeling all of this, or a combination of several, and even more. Retirement is like no other journey you have been on until you are there. **NOBODY** seems to talk about retirement beyond the financial packages. Education around the **YOU** component is lacking, and there are no blueprints. This information isn’t going to be procured from your financial planners, no matter how great the firm.

Some people end up hiring therapists, engaging outplacement services, or enlisting accounting or legal firms for help -but those billable hours add up! Some firms offer a life coach solution, and while life coaches are amazing professionals, healthy retirement sits in a class by itself, and requires an expert. Embrace this fact: *“**YOU** are the most important piece of the retirement equation.”* With that knowledge in hand, what is there left to do? YES -- Invest in **YOU**!

Retirement is complex, filled with many challenges and opportunities, and it is arguably the biggest transition you will face within your lifetime. It's critical to your health and wellbeing to get it right, and achieve what you want. Learning how to live your life on your own terms is vital for your life force. For the first time in your life, you have control over what you want and can set a new plan across many areas in your life to include mental, social, physical, and spiritual aspects. Consider this period of time your most expansive yet!

Do You Know What You Want To Do After Retirement?

Some people know exactly what they want to do once they retire. However, sometimes, that special project you looked forward to doing your whole life doesn't turn out to be what you thought it would be. Failure is a good thing! Now what? That's where a Healthy Retirement Consultant comes in.

For other people, you may not know what you want to do or are feeling overwhelmed by having too many choices. Maybe you are feeling confused or indecisive about having so many life decisions. If so, now is the time to hire a Healthy Retirement Consultant.

Facing that blank piece of paper to create your next roadmap can be scary, and that's when an expert steps in with experience and can present hope and different perspectives. A Healthy Retirement Consultant will take you through a transformation based on your beliefs, values, and passions that are specific to you.

Retirement Can Be a Slippery Slope

Retirement can bring about big feelings and a rollercoaster of unexpected emotions. Fear, anxiety, and overwhelm may contribute to negative feelings. Depression is twice as common in retirement than a career. Additionally, first time health issues may arise.

As we are all living decades longer in retirement, focusing on your health today will contribute to your quality of life. Start today to impact your tomorrow. Do you have the proper tools and systems in place to set you up for success?

When we are focused on our careers and other external goals, there is no time for internal focus. However, retirement is a journey that forces us to shift our focus internally and for many people, this can be an uncomfortable shift. For many, it's challenging because we have lived a certain way for so long.

Having the support and accountability in an experienced Healthy Retirement Consultant can give you that nudge to explore other exciting worlds. Learning about new subjects, from a science point of view, is good for your brain! It's important to create a plan together with your Healthy Retirement Consultant so that you can live the dreams you imagine.

First, we envision your healthy retirement life by identifying your vision, purpose, and goals. Then we work together to lay out a plan with action steps, specific tools, and exercises to reach where you want to go. Next, we work towards actualizing the plan, meaning that you begin to live the life you have designed!

Over time, adjustments may be needed because your goals and environment will change. One thing is for certain, change will always be present. It's how you navigate life's curves that matters, but you don't have to do it alone. If life presents further challenges down the road, engage your Healthy Retirement Consultant to help you course correct or negotiate specific challenges. You can stay focused with intention and clarity to enjoy the journey and new transformation.

Traditional Retirement No Longer Exists

Traditional retirement is no longer. The great news is the hybrid model is in, meaning you design what

is important to **YOU!** Limiting beliefs around retirement are busted too. We are all living longer, and fulfillment is on the top of our minds. That may look like a charity, or working again in a company that is in sync with your values, or becoming more involved in daily family life. Go after what matters most to you. Be open to expansion, because this is a huge opportunity **NOT TO BE MISSED!**

Strategic Approaches If You Are In And Around Retirement Or Are Retired And Feel Unfulfilled

Changing your lifestyle can be wonderful. This won't be the life you lived prior, but it can be a life you design. That is priceless!

Ask yourself these questions:

- What matters most to you?
- Why is your health and wellness essential in retirement?
- How important is work to you?
- What activities energize you?
- Why is it important to you to surround yourself with multi-generational friends?
- What do you want your legacy to be?

How Do You Find the Right Healthy Retirement Consultant?

Finding the right Healthy Retirement Consultant is important to consider. It's wise to interview several candidates. Ask questions. Address your concerns, and see if their consulting style resonates with you. Do you feel you could learn from this professional over a period of time? Ask what their expertise is, and learn the details about their program.

Find someone who feels trustworthy and that their process is aligned with you. Finding the right fit may take time, but it's worth it. I always recommend clients tap into their intuition, as it's a valuable asset you've developed over the course of your life.

What Makes a Successful Working Relationship?

This transformation is a process, moreover, a two-way street. I guide my clients "to own your own life."

A Healthy Retirement Consultant is there for support and accountability, but it is imperative that **YOU** do the internal work and take the action steps to follow through on the path you laid out. I recommend removing all distractions in the meeting, coming prepared and being serious about changing your life (remember, you asked for this).

Allow enough time to see the results materialize. This is a process not a onetime click. Tiny action steps keep momentum moving toward the plans you have laid out.

Prior to retirement, most people haven't figured out who they want to become. Most stop short at how they defined themselves with a career title. Typical transformations are three to twelve months long. Most business experts are in free fall, and it takes time to settle and look around where you have landed. Be kind to yourself and those around you who are also adjusting to your new circumstances.

When you hire a Healthy Retirement Consultant, I wish you a very healthy transformation into your new life! Go live that life on your own terms: a life that you have planned, designed, and envisioned.

I am passionate about supporting you towards a healthy retirement. Please sign up here: <https://p.bttr.to/3ok3lpg> for a complimentary Healthy Retirement Discovery Call valued at \$500.00.



"The quality of your healthy retirement starts with the quality of your 37 trillion cells."

Nancy Schwartz

**Envision
Healthy
Retirement**
We Envision.....You Soar!

Are you feeling anxious and struggling to figure out your healthy retirement?

Are you retired, haven't found meaning in life, and your health is on a decline?

What if you could envision and then actualize a healthy retirement you so deserve?

I am Nancy Schwartz. As a former executive who struggled with chronic stress, I fought to take control of my health and life. Since then, I've transformed through a science-based proprietary journey. Today, I guide business experts from chaos to clarity envisioning, and then actualizing, a purposeful and healthy retirement!



My clients transform through a 12-week journey utilizing a proprietary science-based system created for their healthy retirement.

***Schedule a complimentary
Healthy Retirement Call with Nancy (\$500 value)
<https://p.bttr.to/3ok3lpg>***

We Envision and You Soar!