



*Elite
Contributor*



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Produced by Higher Calling Consulting, LLC

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Transforming Executives to Create a Healthy Retirement

The Joy of Doing Nothing: A Story of Exploration and Rejuvenation

Summer 2023 introduced a refreshing way to spend a mini-vacation amidst nature's most serene settings. Instead of traveling between cities and being tied to our devices, a simple retreat in the heart of Connecticut gave us an opportunity to relish the beauty of green lawns, trees, lakes, animals, and a picturesque sky.

We all have experienced the monotony of work and sitting behind a desk for long hours, but can a change in location be an answer to ignite life? Connection with nature provides much-needed clarity to the mind. The sound of chirping birds, gushing water, and the rush of wind instantly awakens the senses, bringing change to the body and mind.

Where Did We Go?

What did we do? We found a simple yet beautiful cabin, with a lake as its backyard, in one of Connecticut's stunning locales. The idea was not to be desk-bound. This meant, limiting email hours to not more than two hours a day. Every morning dawned with stunning weather, wind, and sun streaming to wake us up to an exciting day. Exploring state parks, trails, and cliff-side walks kept us busy throughout the trip. The historic parks added to the scenic beauty with flowering trees and colorful blooming beds.



When the mid-afternoon sun warmed our skin, we landed on a pristine beach, surveyed the fine sand, and evaluated our surroundings. Clean rest areas set the scene for the perfect respite, but the question remained: "Can I venture into that cold water?" Over time, we found our favorite beach, becoming regulars quite quickly. Though the town residents may have thought us crazy for swimming in frigid waters, we ventured the short and cold swims to the second buoys each day. With increasing confidence, we learned where the rocks were and how much undertow existed.

Lunch Retreat

As the day matured, we nestled ourselves amongst the chestnut trees and trails, overlooking the bay for a delightful outdoor lunch. We had perfect views, watching as increased activity arose across the bay and brought out more walkers, sailors, and well-behaved dogs. Each day we consistently averaged 15,000 steps. Our Oura Rings were happy! We'd then set off to explore another trail, take in another landmark, or revisit a previous location we loved. After sunset, we'd dine at a wonderful restaurant, enjoying local fish, salads, and even gluten-free pizza!

Feeling Alive

When we returned back to our cabin at dusk, we were determined to repeat it all over again. As each day passed, we felt our bodies release more stress and drink in all the colors and liveliness of summer. We may even consider returning in the fall for a mini-vacation that's really about doing nothing, even though in some ways, it's doing everything.

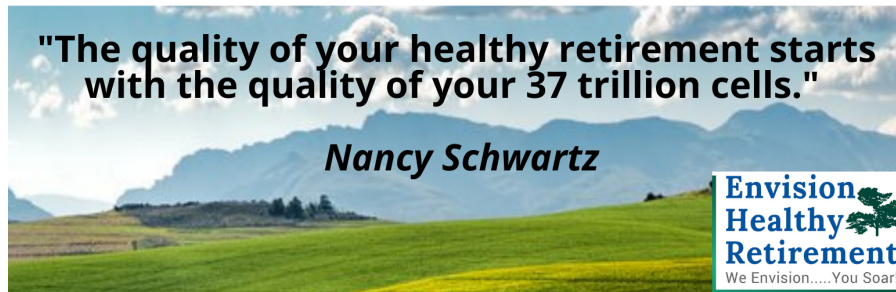
My hope for you is that you will find wonder in Summer, and capture the long days ahead in special outings for you and your family.

Nancy guides business experts, like you, in and around retirement toward healthy retirement. First envisioning, and then actualizing a life you design and live on your own terms. She is dedicated to her client's success and growth.

You can learn more and connect with Nancy via web or social media:

www.envisionhealthyretirement.com

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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
Strategy Call with Nancy (\$500 value)
<https://p.bttr.to/3ok3lpg>***

We Envision and You Soar!