

HUMANS RETIREMENT

The Retirement Reinvention Curve

A 45-minute workshop for people navigating life after work

Retirement isn't what you expected. Let's talk about that.

This workshop is for individuals who are already retired, or just about to be, who feel like something's missing.

Because even with the finances sorted, retirement can feel weird: exciting and empty, freeing and confusing.

This session helps you make sense of all that.

Using the *Retirement Reinvention Curve*, we'll explore what life after work actually feels like, where you are on the emotional map of retirement, and what you can do next to feel more grounded, fulfilled, and energized.

What You'll Experience

- A **refreshingly honest conversation** about what retirement *really* feels like
- The **Retirement Reinvention Curve**. an emotional roadmap for life after full-time work
- Time to reflect, connect, and **explore your own journey**, without judgment
- Practical tools to help you strengthen your **sense of purpose, identity, structure, connection, and wellbeing**

Who It's For

- Retirees feeling disoriented, flat, or just curious about what's next
 - People approaching retirement who want to prepare for more than just the money
 - Anyone who wants to feel *less alone* and *more empowered* in this transition
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Why It Resonates

Because retirement isn't just a finish line, it's a full-blown identity shift.
Because no one gave you a manual for how to navigate this phase of life.
Because this time is too precious to drift through.

Let's stop asking, "Am I done?"

And start asking, "What's next for me, really?"