

Transition Tips

***Tips to help
you plan your
transition from
work to your
new life
adventure***



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Life After Work Mentor

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A collection of my recent posts on LinkedIn, written to benefit executives and other men and women 50 and over who are considering a new life adventure after they leave full-time work.

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“The Hunger to Grow”

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Both books are available on amazon.com.au

THE PROBLEM ISN'T PLANNING FOR LIVING AFTER WORK. THE PROBLEM IS THE RELUCTANCE TO DO ANYTHING ABOUT IT UNTIL ITS TOO LATE.

If you are in the age range of 50 – 65 and still in the workforce, you have two possible futures to consider:

1. To perceive your future as we did in the 20th century – as being on a downhill slide to retirement – not just from work but from a life of purpose and value. The 21st century world has changed dramatically but those perceptions still hang around like a bad smell....or
2. Knowing you can continue to be healthy, mentally active, loving living life to the full and retaining a sense of value, purpose and identity, whether or not you are in paid work.

You wouldn't leave your financial planning until you leave work. It's vital to your health and longevity to plan in advance what you are going to do with your life after work.

I and many of my clients have been through the process and come out successfully at the other end. I have a program that designed around your strengths, your differences and your individuality.

This is the second of my free "ease-books" on this topic. Here's the link to the first one "A Tree Doesn't Stop Growing at 65 Nor Do You" -

<http://www.australiaspeoplegardener.com.au/products-2/a-tree-doesn-t-stop-growing-at-65-nor-do-you>

You are on the cusp of a global Ageing Well Revolution. You have been ageing since birth. Don't wait until you quit work to be part of that revolution. It's a positive time for us all.

Sincerely

Peter Nicholls
Life After Work Mentor
December 2019



What's the Future of Work for You?

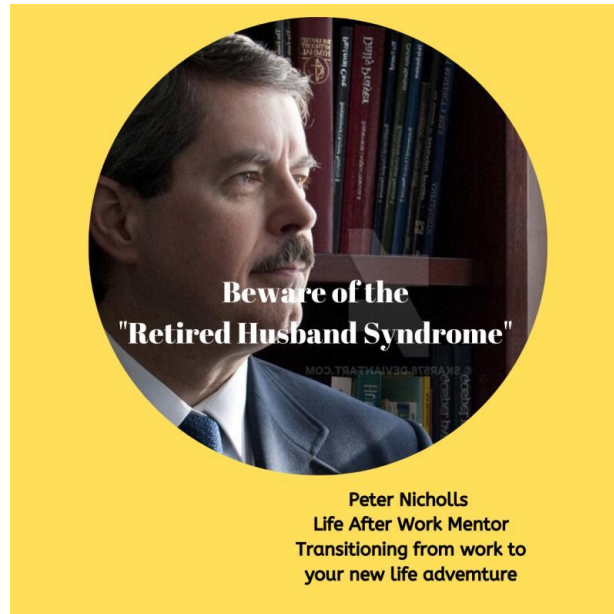
Did you know the dictionary definition of work doesn't mention money? - "Activity involving mental or physical effort done in order to achieve a purpose or result".

In fact surveys show the money is now a minority factor in attracting people to a job. Flexibility, purpose, professional development and a clear future are increasingly becoming a higher priority.

It changes the whole picture of imagining what you might do with your life after you quit full-time career work. You will want to continue working, as defined above.

Your added bonus is you will get to choose your degree of flexibility, the purposes or results you want to achieve, the direction/s you want to go and the extent to which money fits in to your priorities.

What are you good at doing? Consider how, after you leave full-time work, you might re-direct those abilities towards serving different needs.



Beware of the “Retired Husband Syndrome”

While the days of the one-income family are fading, the following story resonates with many of us.

Hubby earned the money and his wife stayed home and raised the children. Then hubby retired with no plans for his future. Meantime his wife has over the years built life-long personal interests.

The husband, feeling lost, looks for options such as:

- “Where are you going dear? Can I come too?”
- “We can do the shopping together now”
- “Why do you do it that way dear? I know a better way”.

Personal space has disappeared. The relationship is being tested and each is individually facing problems about their future.

In fact the problem is the same for a dual-income relationship. Research shows retirement-related stress is felt more by the wife, not just at retirement but, if the problems are not addressed, more so as time goes by. Men to note!

Enjoying life after work revolves around the freedom to express your authentic unchanging inner self. Start by each of you separately listing every type of interest you love, especially those you enjoyed before you met. Discuss how you might each help the other expand their interests.

It’s another reason for planning well in advance of quitting work.



Space – the separateness that keeps you together

Space is an issue in all long-term relationships. Even more so when one or both partners is considering transitioning to life after work when the regular separation in the working week has gone.

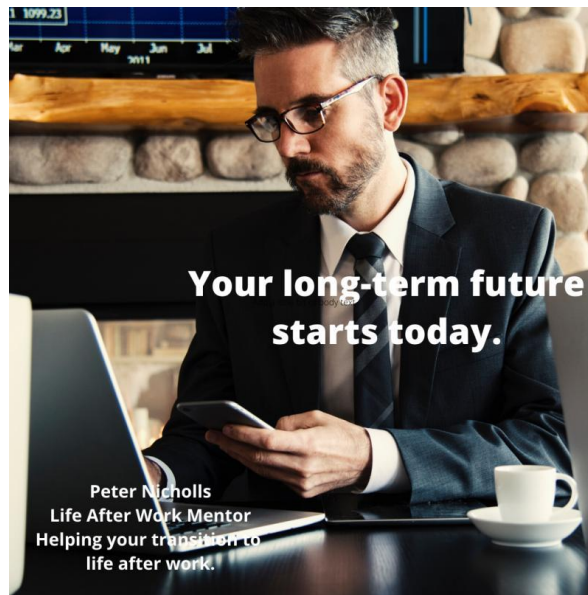
In this context I see three types of relationships all of which, if already working well, can continue to do so:

- A dependent relationship – they do most things together
- An independent relationship – they do most things independently of each other
- An inter-dependent relationship – they have a considered mix of separate and shared interests

Life after leaving work is a time in which we all want be our true selves and to do the things we love. Understanding the other partner's space needs will take you a long way towards continuing that happy mix of separateness and togetherness.

It's a discussion unique to each couple. Ideally it ought to start now, not left until either partner stops working. With more listening and less talking. Empathetic, heart-centred listening, listening to hear, understand and learn (anew) about each other's individual needs.

(I didn't say it would be easy!)



Your long-term future starts today

You often hear your future starts today. Less often do you hear your long-term future starts today. In the rush of our rapidly-changing lives we have trouble looking beyond this Friday.

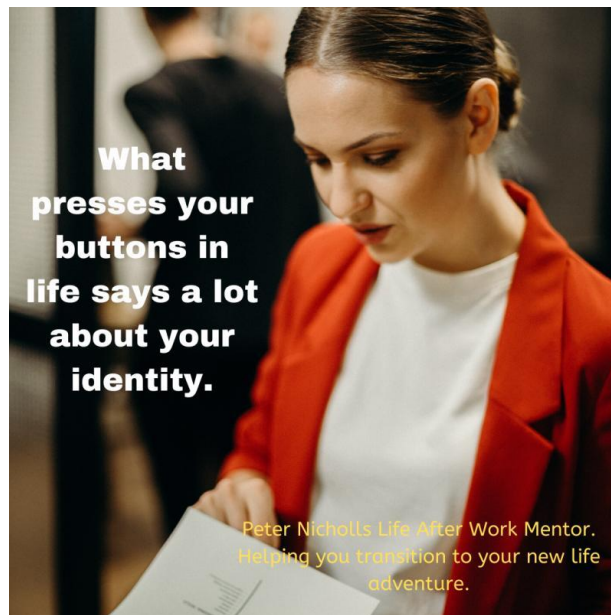
I am sure you plan to still be around in ten years' time...hopefully much longer. Where do you imagine you would be? Working full-time? part time? unpaid? ('money' isn't in the dictionary definition of 'work').

Who knows? Least of all me. Yet my experience, personally and those of clients, suggests:

1. You will still be the same inner self looking out at the world through your eyes
2. Your life priorities will have moved on.
3. Money will still be important but it won't stay top priority
4. Your outlook on life will have evolved (more subtle than changed)
5. You will relax in knowing you haven't lost your identity people will still value you for who you are and what you are good at, and
6. You will continue to be in control of your choices.

A useful test is to use these points to compare yourself ten years ago and now.

Life beyond work will become just another of your many life changes that opened your eyes to new opportunities. However you can see this one coming and plan for it, knowing your long-term future starts today.



What presses your buttons in life says a lot about your identity

"What presses your buttons in life says a lot about your identity". Not my words but those of a perceptive client as we discussed his future life.

What's the first question you ask – in business or at a social event – when you meet someone you want to get to know better? "What do you do?" rolls easily off the tongue. What if you asked "what presses your buttons in life?" The latter question is going to be more interesting and enlightening for both of you.

Whatever it is that 'presses your buttons in life' is usually an interest or experience that has always stimulated a passion of yours. The person you ask immediately thinks "this is a person who really wants to know what makes me tick." Try it sometime.

My point is this: In my Life After Work Mentoring, my interest is not in the person your work identifies you with, but in what presses your buttons in life. The real you who yearns one day for a seamless and purposeful transition from a work-centred life to your new chosen life adventure.

What should you do right now? Change your perception of identity from the work you do to whatever has always and will always press your buttons in life, work or no.



What do people value about you?

What do people value about you? Perhaps it's your friendly personality, maybe your attention to detail. My question goes deeper.

What do people value about you that makes you one of a kind...special? Not an easy question, for many people.

You were born with a unique mix of natural talents/gifts, passions and potential. You've focused more on the abilities that earn you money more than those that don't (or, you were told, wouldn't - remember when you wanted to be a singer, actor?)

As the years roll by you get to know yourself better and hopefully by now you feel different to and valued by others. Can you put it in words? For example, my clients say I have a great mix of: putting people at ease, listening like they're the most important person on earth and that I don't judge them or impose my values on them. It's not about what I do, or who I am.

It's in what people say I am good at.

It's why, years after I left work, I am still passionate about helping people. I just serve my chosen clientele.

Ask people whose views you value what they value about you. Their answers will outline to you the values that will keep you busy, purposeful and valued for life – work or no.

“



When you lose yourself in an interest you love, you find yourself

When you lose yourself in an interest you love, you find yourself” has been the mantra for my Life Mentor business for more than 15 years.

It’s when the real you comes to the surface. There’s an energy driving you, your self-esteem rises, your mind sharpens, and, perhaps best of all, your enthusiasm positively infects people around you.

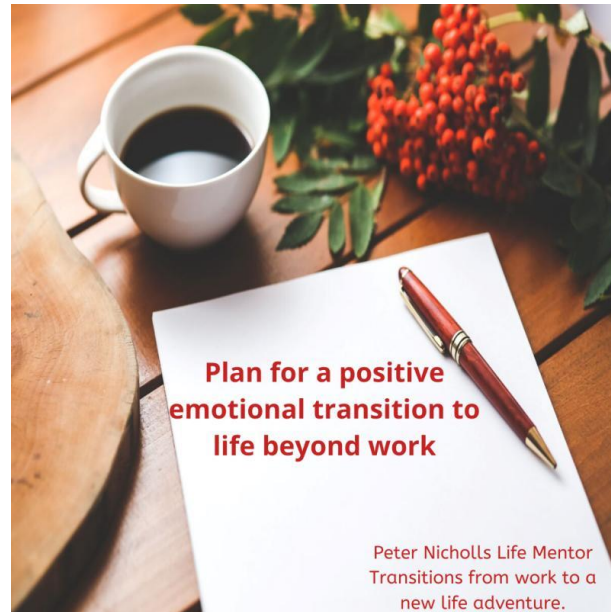
My first book was called simply, “Enjoy Being You”. No matter how much you enjoy your work, in today’s world of economic and market demands, pressures and constant change, it is increasingly difficult to ‘enjoy being you’ at work, or even in your personal life.

You are however constantly accumulating a wealth of knowledge and experience through the developed use of your skills and natural gifts . In your second half of life you can add depth of human understanding, insight, perspective, and wisdom.

Start thinking about creating your own new life adventure when you leave work, one in which you can:

- Put your accumulated depth of experience ahead of money
- re-direct your energies to serving a new area of local or wider need - one that fits hand in glove with your special abilities.

I did it and I can help you too.



Plan for a positive emotional transition to life beyond work

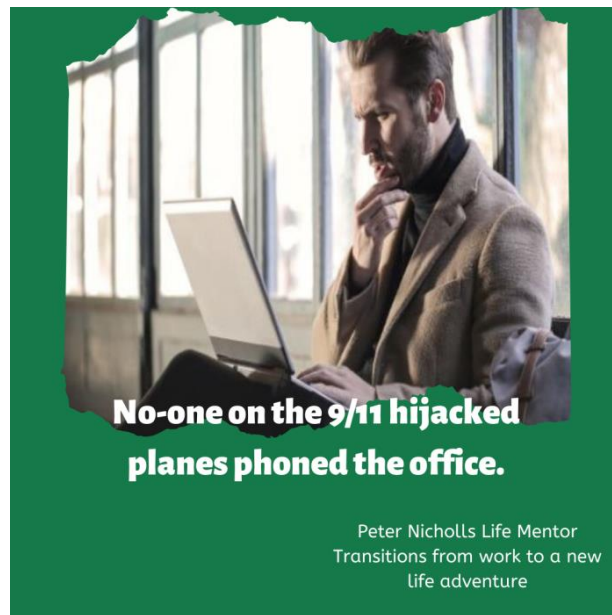
People at the top of their game at work tend not to be interested in planning their life after work...yet. "I'm too busy focusing on my job, finances and the pressures of daily life". Remembering my own roller-coaster years in my 50's, I fully accept that feeling.

Most of the talk is about the money you will need. Studies show few people do any planning for what they will do after they leave work, beyond travel and social life.

You will want to always enjoy a life of purpose. If you leave your planning until you quit work you will have left it too late. I have been through it personally and worked through it with many clients. It is a major emotional shift and even more so if you go into it unprepared.

Your main need for now is to shift your thinking. If you've moved into the second half of life it's human nature to start noticing deeper emotional shifts in your life priorities. Use that thinking to begin seeing the potential of life beyond work.

Enjoy thinking of the opportunity your extended life gives you to put your evolving priorities and directions fully into practice. Plan to enjoy a smooth and positive transition.



No one on the 9/11 hijacked planes who had a mobile phone rang the office.

Why would you?? We are told they all tried to phone a loved one.

It sends us a clear message - without diminishing the value of work, it isn't the be all and end all of why you are here.

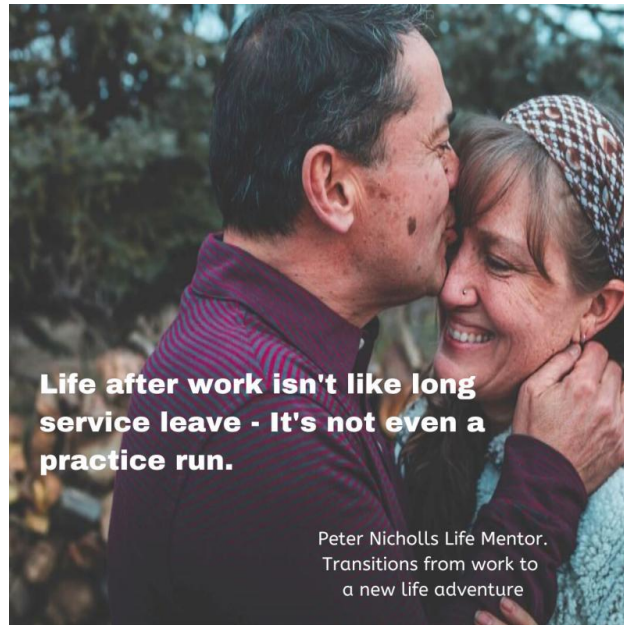
My professional recreation planning career began in the 1970's when work was seen as the reason for living and leisure as a waste of good working time. So you can understand why I remember so clearly the mobile phones report.

It hit home to everyone that, when life's chips are down, work pales into insignificance in one's priorities.

The realities today are:

- With life expectancy what it is now, your paid work career could finish up being little more than half of your life
- Nonetheless, from birth to death, your life will always be a continuum of personal growth and self-development
- Age is increasingly becoming just a number.

Remind yourself life doesn't end when you quit work. Rather, see it as the chance (for some it might even be for the first time) to freely unlock, explore and enjoy backing yourself - the real you.



Life after work isn't like long service leave – It's not even a practice run.

Long service leave is a bit like an astronaut outside the spacecraft, securely linked to be sure of getting back safely at any time.

Quitting work is like cutting the umbilical cord and the main craft has gone. You are not going to last long without renewable sources of emotional energy (money is a separate topic - I'm not a financial planner).

Start thinking today what sort of energy-boosted 'capsule' you want to be in when you cut the career cord.

Tip 1: your emotional energy supplies can be found in your unique gifts and abilities and the things you always enjoy doing/experiencing.

Tip 2: Travel is unlikely to be an energy-renewing resource after the first year. Only after you have prepared your personal capsule are you ready to jettison the career craft.

You are then free to enjoy a continuing long and satisfying life, using the skills you know best to serve the needs of people you want to help.

Be sure to make room for your life partner. Two booster rockets have more power than one. I have the "thought-process" program to help you design your capsule.

**We spend our working lives dancing to
the beat of other people's drums.**

**It's essential to start dancing to the
beat of your own heart, well before
quitting work.**

**It's the beat that keeps your
body mind and soul alive and well
for the whole of your life.**



*Peter Nicholls
Life After Work Mentor,
Transitions from work to
your next life Adventure*

These words connect two important messages to create one seamless process:

- a perspective on eventually making a smooth transition from work to a new life adventure, and
- a work life energy principle for today to sustain your resilience against burnout