



What is retirement coaching?

Retirement coaching is a one-to-one conversation with a Connor Coach which is impartial, confidential and you can talk about whatever you would like.

Here is how it works:

- Coaching is the art of facilitating another person's thinking, development and performance
- Through coaching, people are able to find their own solutions, develop their skills and change and evolve their behaviours and attitudes
- The coachee works collaboratively with the coach to come to their own conclusions

The coach will:

- Ask effective questions
- Actively listen and reflect back
- Remain detached and non-judgemental
- Be patient and supportive
- Build rapport and empathy
- Give and receive feedback

Here are some of the subject areas people have brought to their retirement coaching:

- How to make decisions about what I want to do next when there are so many options for the future.
- Preparing for difficult conversations – with work or with family
- When to retire – when is the timing right for me?
- Using the time to think about improving work life balance and how to find space and time to think about what I want
- A safe confidential space without being judged, knowing you can talk about anything at all.



"I've never had coaching before but it was brilliant, Sue helped me organise my thoughts and set some goals for myself. It feels great to have a plan."

"Alison was my coach and she was very professional, helping me get ready to talk to my family about wanting to retire earlier than I had planned. I had been very worried, Alison was great."

"I used my coaching to help me plan setting up a new business. Its completely different to what I have done for most of my career and now is the time to have some fun."

"I found the coaching excellent, I worked long hours and couldn't switch off and my health was suffering. The workshops started me thinking about my health and I talked to my Connor coach about looking after myself better. I should have done this years ago."