

# **Counseling Guide**

## ***Retired ➡ Reinspired: Living On Purpose After 50***

This document is a guide for modifying the materials in the Retired ➡ Reinspired workshop for use with clients in individual or couple counseling settings. Refer to pages 1-4 of the workshop Leader's Guide for details and a list of overheads (OH) and handouts (HO).

Inter-session homework assignments are included for a typical series of 6 counseling sessions. The material can be condensed into fewer sessions if necessary, or expanded and deepened if more time is available.

### **Session 1—Leader's Guide Pages 5 - 10**

Introductions and needs assessment, as appropriate  
"BE" and "DO" (OH 2)  
Life Journey (HO 1)  
Discuss the Changing Face of Retirement  
Retirement Conditioning and Expectations (HO 2)  
Thinking New About Retirement (OH 7)  
Introduce and discuss Retired ➡ Reinspired Diagram (HO RRL)  
*Homework: Accomplishments (HO 3)*

### **Session 2—Leader's Guide Pages 11 - 15**

Accomplishments—discuss homework assignment and questions (OH 8)  
Post accomplishments on Diagram (HO RRL)  
A Day In My Life...*Pre-Retirement* (HO 4)  
Ideal Day Imagination Exercise  
A Day In My Life...*Reinspired* (HO 5)  
Post insights for Ideal Day exercise on Diagram (HO RRL)  
*Homework: Skills Identification Worksheet (HO SK)*

### **Session 3—Leader's Guide Pages 15 - 19**

Skills—discuss homework; identify "core" and "ball & chain" skills  
Post core skills on Diagram (HO RRL)  
Personality type assessment (HO 6, 7 & 8)  
Discuss personality type conclusions and implications  
Post personality type and insights on Diagram (HO RRL)  
*Homework: Values Assessment (HO VAL)*

#### **Session 4—Leader's Guide Pages 20 - 24**

Three possible ways to be in relationship with values (OH 11)

Discuss Values homework

Answer and discuss values questions (OH 12)

Post top 5 values and insights on Diagram (HO RRL)

Discuss examples of the importance of vision

Happy 80<sup>th</sup> Birthday! (HO 9)

Vision Questions (HO 10)

Discuss vision exercises

Provide vision statement example

*Homework: Draft vision statement (HO 11)*

#### **Session 5—Leader's Guide Pages 25 - 28**

Vision—discuss draft vision statement and the experience of creating it

Identify Word in a Box and post on Diagram (HO RRL)

Discuss Wheel of Integration and provide example

Wheel of Integration (HO 12)

Satisfied/Dissatisfied (HO 13)

Introduce resources and resource allocation (OH 15)

*Homework: Resource Allocation (HO14)*

#### **Session 6—Leader's Guide Pages 28 - 33**

Resource Allocation—discuss homework and insights

Post resource allocation conclusions on Diagram (HO RRL)

Gift Imagination Exercise

Discuss Expressing My Passion and post insights on Diagram (HO RRL)

Identify commitment and post on Diagram (HO RRL)

Review diagram as a right-brain motivator/reminder of vision (HO RRL)

Review Suggested Resources (HO 15)

Optional: Introduce the Inventory of Retirement Activities (refer to Leader's Guide page 3), and offer an additional session to discuss the results