



A LEADER WORTH FOLLOWING™

REPOTTING FOR LEADERS

A Path to Reinvention and Ongoing Impact





Why waste your time and energy grinding your gears as you transition to your next chapter?

The **“Repotting for Leaders: A Path to Reinvention and Ongoing Impact”** program will help you cut the cycle time between your career and your encore. Learn how you can reframe your thinking and redefine your life by “repotting” instead of retiring. This program will help you create a new container for your life that transforms what may feel like a sudden ending to a new beginning - the beginning of a life development stage that is designed by you and for you, one that brings you even closer to becoming that best and most authentic version of yourself that you have been longing to know.

There are three format options for this program: 8 Virtual One-on-One Sessions across 16 weeks, 10 Virtual Group Sessions across 18 weeks for a group of 4 participants, or a 2.5 Day Executive Intensive for 10-12 CEOs / General Managers. In all of these formats, the program includes the completion of a leadership point of view, various handouts, worksheets, and journaling assignments, to be completed between one-on-one sessions. This program is not therapy or counseling; it is a guided journey of self-reflection and personal growth focused on repotting (aka retirement) readiness.

This program will help reduce uncertainty associated with upcoming retirement by helping to make sense of how your emotional, mental, and physical selves are impacted and re-envisioned. While the word “repotting” may not be the word everyone chooses for their own career transition, it can help to be mindful that your “repotting” experience is one that is focused on an ongoing growth journey rather than an end point to your life’s story.

There are five segments to the program that are designed to build upon each preceding segment, with the specific focus, methodology, and outcome for each segment described below.

1. Personalized Coaching for Repotting Journey

- **Focus:** Identify, clarify, and articulate your personal values, priorities, and vision for your next stage of life.
- **Methodology:** Complete journaling, worksheeting, and one-on-one coaching.
- **Outcome:** Develop a clearly articulated and actionable life plan vision tailored to you.



2. Life Plan Narrative Development Workshop

- **Focus:** Narrate your own compelling life story that shifts from “what I do” to “who I am” and “who I want to become.”
- **Methodology:** Prepare a Life Plan Narrative for you, by you, developed from session content and between-session work products.
- **Outcome:** Manifest your future through your personal narrative and purpose that moves beyond career through upcoming life stages.

3. Relationship Renewal and Expansion Plan

- **Focus:** Develop a strategy for strengthening / reinvigorating relationships with family, friends, and community to achieve and maintain your desired level of social connection.
- **Methodology:** Analyze gaps within your overall relationship vision and specific relationships.
- **Outcome:** Create meaningful connections and intention for relationships in your new life stage.

4. Self-Care Blueprint

- **Focus:** Explore practices for self-care along the Social, Spiritual, Physical, Occupational, Organizational, and Emotional dimensions.
- **Methodology:** Develop and practice self-care techniques and activities.
- **Outcome:** Enhance longevity and quality of life through holistic well-being.

5. Peer Network Access

- **Focus:** Join a group of similarly-positioned people for ongoing discussions, support, and growth opportunities.
- **Methodology:** Join a private LinkedIn group with monthly group Zoom meetings.
- **Outcome:** Stay inspired and motivated through peer connection and accountability.



Personalized Coaching for Your Repotting Journey

During the Personalized Coaching and Repotting Experience, we will identify, clarify, and articulate personal values, passions, priorities, and dreams in order to create a possible vision for your next stage of life. This process will be accomplished with one-on-one virtual coaching sessions augmented by journaling and worksheet assignments to be completed between coaching sessions.

We will create a narrative linking major events of your life and make sense of those events by exploring lessons learned, key takeaways, and other findings, including a leadership point of view. Exploring people, places, and things that have impacted your life and discussing how these experiences have shaped your present will inform and create a vision for your future.

Your vision story will be developed as a framework for a possible future using the miracle question tool.

- **Focus:** Identify, clarify, and articulate your personal values, priorities, and vision for your next stage of life.
- **Methodology:** Complete journaling, worksheeting, and one-on-one coaching.
- **Outcome:** Develop a clearly articulated and actionable life plan vision tailored to you.



Life Plan Narrative Development Workshop

A Life Plan Narrative will be developed using content created during the Repotting Journey. By using a compilation of edited snippets from the one-on-one coaching videos and incorporating content from the assigned worksheets, you will be able to watch a compiled video version of your story in your own voice - a richly compelling tale of your journey and an aspirational vision for your repotting experience and future life stages.

The creation of this rich narrative and its ongoing review will help keep the repotting vision story top of mind and increase the likelihood of realizing and creating a future consistent with the aspirations.

- **Focus:** Narrate your own compelling life story that shifts from “what I do” to “who I am” and “who I want to become.”
- **Methodology:** Prepare a Life Plan Narrative for you, by you, developed from session content and between-session work products.
- **Outcome:** Manifest your future through your personal narrative and purpose that moves beyond career through upcoming life stages.



Relationship Renewal and Expansion Plan

Creating and maintaining social connection throughout one's lifespan has been identified as a key component of a well-lived and happy life. Relationships form, evolve, and sometimes expire as we move through life. Strengthening, renewing, reforming, and letting go are all part of the relationship cycle. Bringing more intentionality to your relationships as you move yourself to a new life container can be helpful in maintaining mental and physical health.

This work begins by looking at the big picture for the types of relationships you have and the types of relationships you want. Common relationship types include romantic/intimate, familial (parents, siblings, extended family), close friends, work acquaintances, and "situationships." You also must consider your relationship with yourself.

The goal is to define the types of relationships you desire, the gaps you are currently experiencing, and how you can close the gaps to achieve the desired relationships. Through this process, you will develop action plans specific to individuals and your relationships with them. You may also develop limits, boundaries, and plans to rehabilitate, strengthen, or let go of certain relationships.

- **Focus:** Develop a strategy for strengthening/reinvigorating relationships with family, friends, and community to achieve and maintain your desired level of social connection.
- **Methodology:** Analyze gaps within your overall relationship vision and specific relationships.
- **Outcome:** Create meaningful connections and intention for relationships in your new life stage.



Self-Care Blueprint

We hear a lot about self-care and why we should all practice it. But sometimes, we hear a perspective that self-care (self-love) is just self-indulgence. This is not true. It might be helpful to think of self-care as being as important to our mental and emotional health as food, air, and water are to our physical health.

Your ability to love yourself is essential to your ability to love and care for others. It is very hard to give to others what you are not willing or able to give yourself. It is helpful to look at a model for self-care by thinking of possible categories of self-care as you begin developing your self-care practice. Keep in mind here that the operative word is “practice.”

A practice is something that you do intentionally, regularly, and often without a final endpoint; instead, you engage in the practice as part of an ongoing transformation.

Social, Spiritual, Physical, Occupational, Organizational, and Emotional are six categories of self-care that can help feed our emotional and mental health, just as a balanced diet nourishes our bodies.

You will learn about the stages of change and how to plan, implement, and maintain your own personalized self-care practice.

- **Focus:** Explore practices for self-care along the Social, Spiritual, Physical, Occupational, Organizational, and Emotional dimensions.
- **Methodology:** Develop and practice self-care techniques and activities.
- **Outcome:** Enhance longevity and quality of life through holistic well-being.



Peer Network Access

By joining a private, actively curated group of similarly-positioned people, you will be able to simultaneously learn from and help others. This mutual learning and sharing can help ease and facilitate your journey to a new phase of life.

You will select a private LinkedIn group to join and gain access to moderated content focused on Repotting and the path to Reinvention. You will also be invited to participate in hosted live Zoom calls, where pertinent topics will be presented by the host and special guests. Once admitted, you are welcome to invite others to be considered for entry into your group.

- **Focus:** Join a group of similarly-positioned people for ongoing discussions, support, and growth opportunities.
- **Methodology:** Join a private LinkedIn group with monthly group Zoom meetings.
- **Outcome:** Stay inspired and motivated through peer connection and accountability.



Virtual One-on-One Setting: Session Schedule

1. Personalized Coaching for Repotting Journey



Week 1-Session 1

Week 2-Consolidation/Reflection

Week 3-Session 2

Week 4-Consolidation/Reflection

Week 5-Session 3

Week 6-Consolidation/Reflection

- **Focus:** Identify, clarify, and articulate your personal values, priorities, and vision for your next stage of life.
- **Methodology:** Complete journaling, worksheeting, and one-on-one coaching.
- **Outcome:** Develop a clearly articulated and actionable life plan vision tailored to you.

2. Life Plan Narrative Development Workshop



Week 7- Video development

Week 8-Session 4

Week 9-Consolidation/Reflection

- **Focus:** Narrate your own compelling life story that shifts from “what I do” to “who I am” and “who I want to become.”
- **Methodology:** Prepare a Living Well Narrative for you, by you, developed from session content and between-session work products.
- **Outcome:** Manifest your future through your personal narrative and purpose that moves beyond career through upcoming life stages.



3. Relationship Renewal and Expansion Plan

Week 10-Session 5

Week 11-Consolidation/Reflection

Week 12-Session 6

Week 13-Consolidation/Reflection

- **Focus:** Develop a strategy for strengthening / reinvigorating relationships with family, friends, and community to achieve and maintain your desired level of social connection.
- **Methodology:** Analyze gaps within your overall relationship vision and specific relationships.
- **Outcome:** Create meaningful connections and intention for relationships in your new life stage.

4. Self-Care Blueprint

Week 14-Session 7

Week 15-Consolidation/Reflection

- **Focus:** Explore practices for self-care along the Social, Spiritual, Physical, Occupational, Organizational, and Emotional dimensions.
- **Methodology:** Develop and practice self-care techniques and activities.
- **Outcome:** Enhance longevity and quality of life through holistic well-being.



5. Peer Network Access

Week 16-Session 8-Discuss peer network, including recommendations, program closure, and accountability/follow up process

- **Focus:** Join a group of similarly-positioned people for ongoing discussions, support, and growth opportunities.
- **Methodology:** Join a private LinkedIn group with monthly group Zoom meetings.
- **Outcome:** Stay inspired and motivated through peer connection and accountability



Virtual Small-Group Setting: Session Schedule

1. Personalized Coaching for Repotting Journey

Week 1 and 2- Session 1

Week 3- Consolidation/Reflection

Week 4 and 5- Session 2

Week 6- Consolidation/Reflection

Week 7- Session 3

Week 8- Consolidation/Reflection

- **Focus:** Identify, clarify, and articulate your personal values, priorities, and vision for your next stage of life.
- **Methodology:** Complete journaling, worksheeting, and one-on-one coaching.
- **Outcome:** Develop a clearly articulated and actionable life plan vision tailored to you.

2. Life Plan Narrative Development Workshop

Week 9- Video development

Week 10- Session 4

Week 11- Consolidation/Reflection

- **Focus:** Narrate your own compelling life story that shifts from “what I do” to “who I am” and “who I want to become.”
- **Methodology:** Prepare a Living Well Narrative for you, by you, developed from session content and between-session work products.
- **Outcome:** Manifest your future through your personal narrative and purpose that moves beyond career through upcoming life stages.



3. Relationship Renewal and Expansion Plan

Week 12- Session 5

Week 13- Consolidation/Reflection

Week 14- Session 6

Week 15- Consolidation/Reflection

- **Focus:** Develop a strategy for strengthening / reinvigorating relationships with family, friends, and community to achieve and maintain your desired level of social connection.
- **Methodology:** Analyze gaps within your overall relationship vision and specific relationships.
- **Outcome:** Create meaningful connections and intention for relationships in your new life stage.

4. Self-Care Blueprint

Week 16- Session 7

Week 17- Consolidation/Reflection

- **Focus:** Explore practices for self-care along the Social, Spiritual, Physical, Occupational, Organizational, and Emotional dimensions.
- **Methodology:** Develop and practice self-care techniques and activities.
- **Outcome:** Enhance longevity and quality of life through holistic well-being.



5. Peer Network Access

Week 18- Session 8-Discuss peer network, including recommendations, program closure, and accountability/follow up process

- **Focus:** Join a group of similarly-positioned people for ongoing discussions, support, and growth opportunities.
- **Methodology:** Join a private LinkedIn group with monthly group Zoom meetings.
- **Outcome:** Stay inspired and motivated through peer connection and accountability

REPOTTING FOR LEADERS

A Path to Reinvention and Impact
Executive Intensive - 2 ½ Days

Session Schedule

Day 1

Topic _____
Personalized Coaching for Repotting Journey

Morning Schedule

Day 1- Group Session 1: Exploration of Foundational Concepts

Day 1- Individual Session: Consolidation/Reflection

Day 1- Group Session 2: Group Check-In

Lunch _____

Afternoon Schedule

Day 1-Group Session 3: Personal Visioning, Values, Priorities, and Gap Analysis

Day 1-Break

Day 1-Group Session 4: Life Plan Narrative

Day 1-Individual Session: Consolidation/Reflection

Day 1-Group Session 5: Group Check-In with Review and Recap

Day 1 Focus, Methodology, and Outcome

- **Focus:** Identify, clarify, and articulate your personal values, priorities, and vision for your next stage of life.
- **Methodology:** Complete journaling, worksheeting, and group discussion.
- **Outcome:** Develop a clearly articulated and actionable life plan vision tailored to you.



REPOTTING FOR LEADERS

A Path to Reinvention and Impact
Executive Intensive - 2 ½ Days

Session Schedule

Day 2

Topic _____

Life Plan Narrative Development Workshop Relationship Renewal and Expansion Plan

Morning Schedule

Day 2- Group Session 6: Presentations of Life Plan Narrative

Day 2- Individual Session: Consolidation/Reflection

Lunch _____

Afternoon Schedule

Day 2-Group Session 7: Relationship Renewal and Action Plan

Day 2-Small Group Discussion: Consolidation/Reflection

Day 2-Group Session 8: Group Check-In

Day 2-Group Activity

Day 2 Focuses, Methodologies, and Outcomes

- **Focuses:** 1) Narrate your own compelling life story that shifts from “what I do” to “who I am” and “who I want to become.” 2) Develop a strategy for strengthening / reinvigorating relationships with family, friends, and community to achieve and maintain your desired level of social connection.
- **Methodologies:** 1) Present individual Life Plan Narrative. 2) Analyze gaps within your overall relationship vision and specific relationships.
- **Outcomes:** 1) Manifest your future through your personal narrative and purpose that moves beyond career into upcoming life stages.
2) Create meaningful connections and intentions for relationships in your new life stage.

REPORTING FOR LEADERS

A Path to Reinvention and Impact
Executive Intensive - 2 ½ Days

Session Schedule

Day 3

Topic

Self-Care Blueprint

Peer Network Access

Morning Schedule

Day 3- Group Session 9: Self-Care Planning

Day 3- Small Group Discussion: Consolidation/Reflection

Day 3- Group Session 10: Peer Network Development and Action Plan

Day 3-Break

Day 3-Group Session and Closing

Day 3 Focuses, Methodologies, and Outcomes

- **Focuses:** 1) Explore practices for self-care along the Social, Spiritual, Physical, Occupational, Organizational, and Emotional dimensions. 2) Experience support from a group of similarly-positioned people for ongoing discussions, support, and growth opportunities.
- **Methodologies:** 1) Develop a practice for self-care techniques and activities. 2) Participate in group discussion and formation plan for ongoing dialogue.
- **Outcomes:** 1) Enhance longevity and quality of life through holistic well-being. 2) Stay inspired and motivated through peer connection and accountability.



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