

Pre-Retirement Planning

Are you excited or apprehensive about retiring? Fortunately, with a little advanced planning, your retirement years can be everything you hoped for and more. We can help you get mentally and emotionally prepared.



Be prepared for your retirement years!

- **Is your retirement plan in place?** We can help you figure out what's important to you, set goals, and take action steps well in advance, so you can enjoy a satisfying and productive retirement.
- **Will your relationship remain strong in retirement?** We can help you prepare psychologically to make sure you'll have relationship security in retirement.
- **Can't decide whether or not to keep working?** Retirement offers many possibilities, including launching a second career. We can refer you to appropriate financial or career coaching services to help you sort through your options.
- **Want good physical and mental health in later years?** If you want to maintain good health, making changes now can make a big difference later on.

One call is all it takes to get started.

Life Smart Coaching empowers you with the information and support to help you prepare so you can enjoy your retirement years. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few questions to make sure you receive the customized service that will be most helpful.

2. We arrange for one of our clinicians to call you and walk you through the types of support you could benefit from, including personalized resources specific to your concern.
3. We'll be in touch with you while you're using the materials, and help you build the confidence to solve your pre-retirement planning challenges.

Life Smart Coaching services are offered over the telephone. If you ever feel uncertain or overwhelmed, we can arrange counselling services (face-to-face, over the phone, or online).

Life Smart Coaching can help you make the most of your golden years.



Call us to get started

1-866-565-4903

International (Call collect): 604-689-1717

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