

Mary Lynne Schoenbeck, MA, RPCC, NCCC
Schoenbeck & Associates
650-964-8370, Schoenbeck@mindspring.com

**Thinking of Retiring From Stanford?
Planning Beyond Palm Drive**
Career Snacks, Stanford University
April 5, 27, 2006

AGENDA

- **Introductions**
 - Speaker Introduction
 - Logistics, Compass program
 - Agenda for the hour: an overview of retirement planning

- **Times of Transition**
 - Demographics and statistics
 - Examples

- **4 Retirement Models**
 - Clear Track
 - Detour
 - Guided Tour
 - Road Blocks

- **Vision: Clarify direction**
 - 3 Steps to Vision
 - Handouts for Vision exercise

- **Goals and 5 skills to remember; open-minded/goal oriented**
 - positive
 - curious
 - risk-taking
 - persistence / wisdom
 - flexible

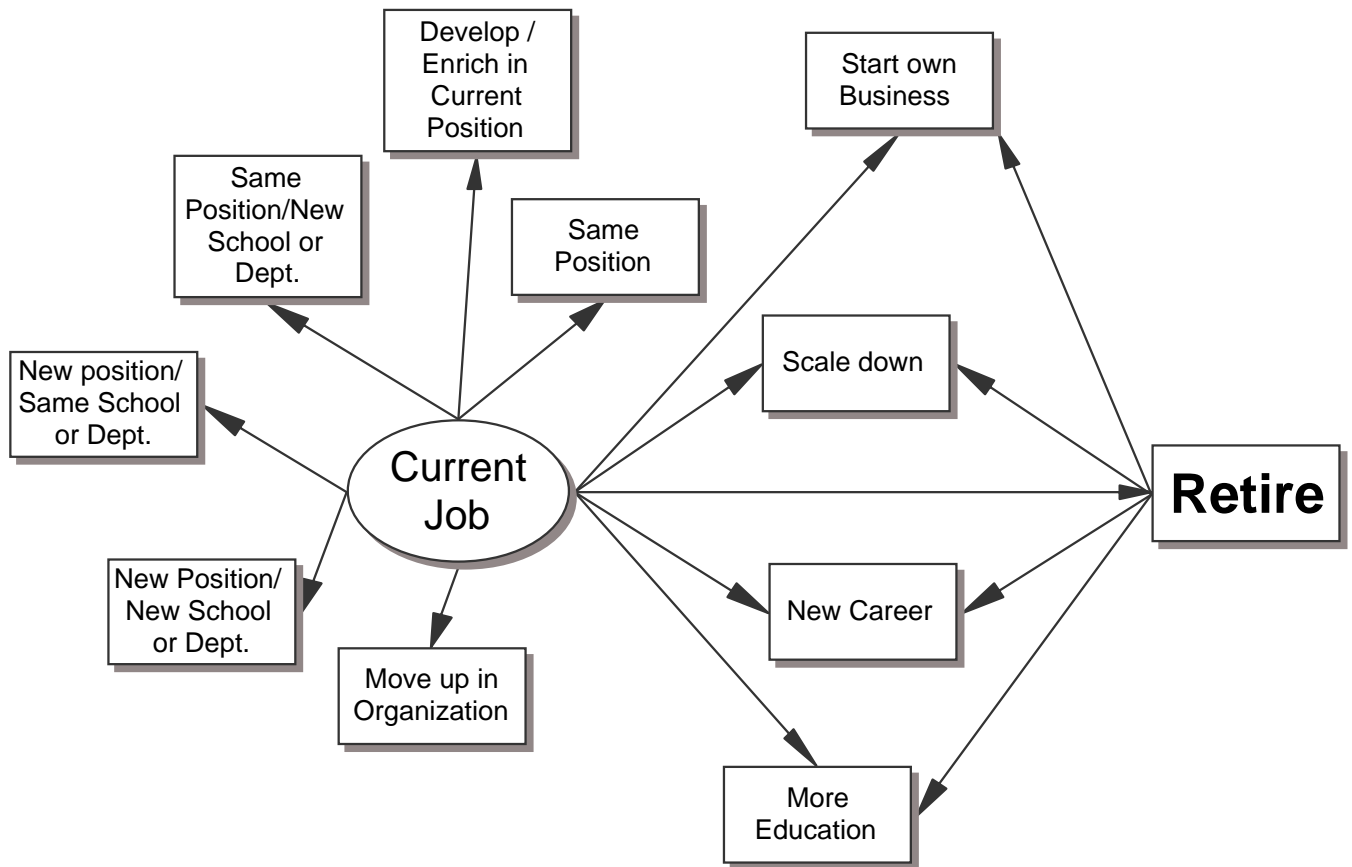
- **Next steps**
 - Support network: discuss plans with significant people, friends, coach
 - Continue with the Big Picture; break down into goals
 - Clarify values and interests

- **Summarize Resources: Websites, books**

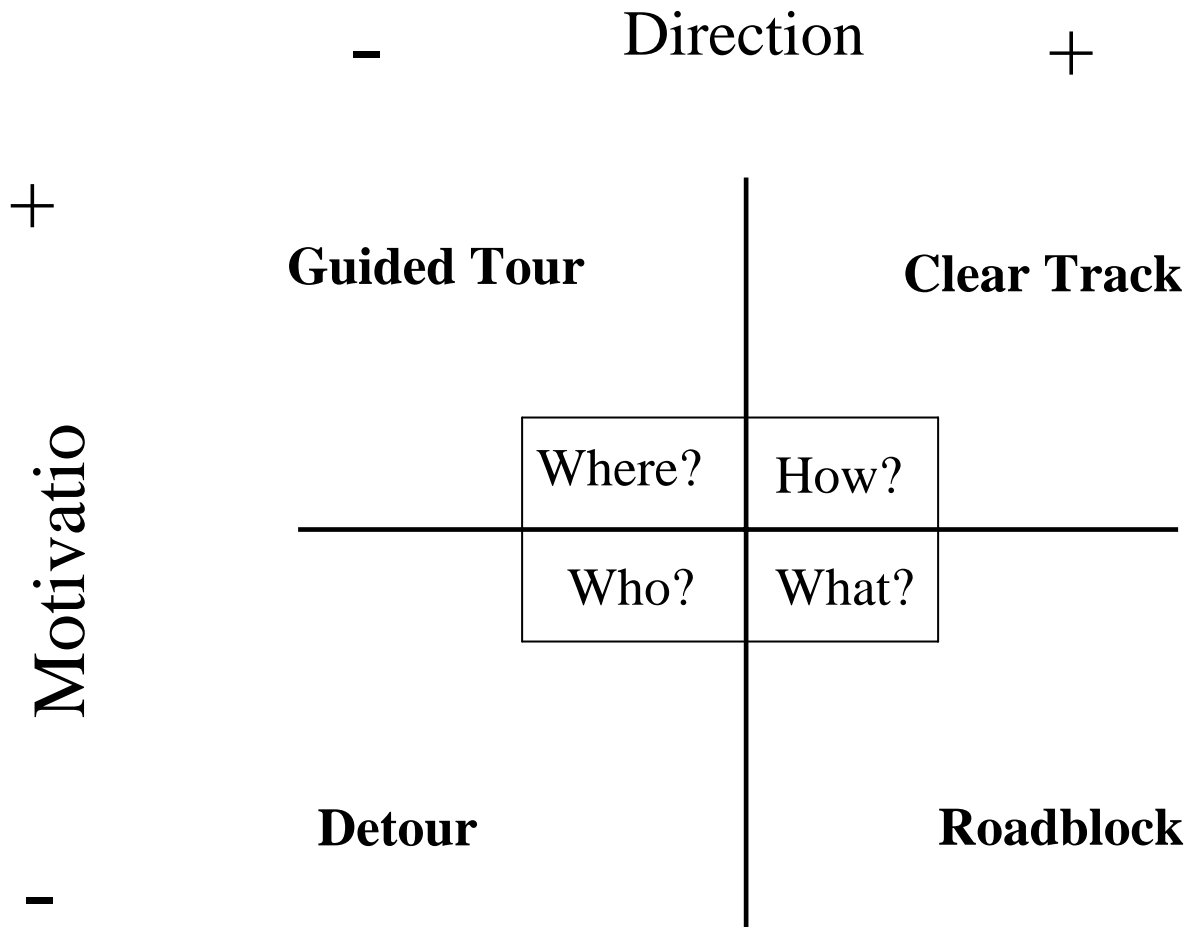
- **Q & A, Evaluations**

Career Lattice Concept (career movement ideas)

QuickTime™ and a
TIFF (Uncompressed) decompressor
are needed to see this picture.

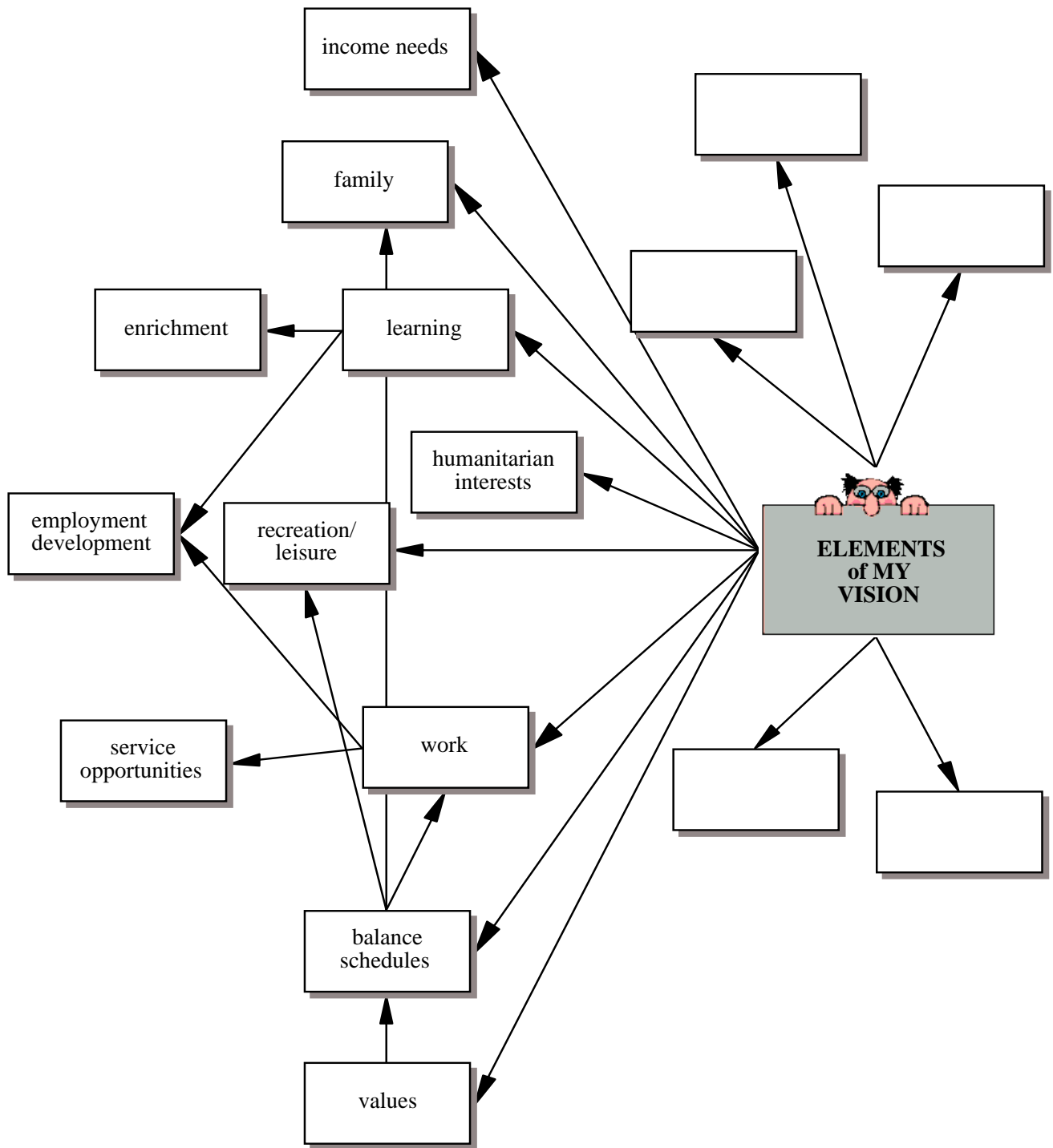


FOUR RETIREMENT MODELS



All rights reserved. Original version @2002, Mary Lynne Schoenbeck. Reproduction in any form, in whole or in part, prohibited.

Mary Lynne Schoenbeck, MA, RPCC, NCCC. Presented at Stanford University, T&OD Career Snacks, April 2006



RETIREMENT RESOURCES

Websites

www.thirdagenetwork.com

- Check your retirement readiness
- Lists books, with abstracts, in following Categories
 - Aging
 - Boomer Generation
 - Death and Dying
 - Financial/Lifestyle Planning
 - Job Search/Career Planning
 - Meaning and Purpose
 - Retirement
 - Spirituality
 - Transitions
 - Women

www.Agewave.com

www.Thirdage.com

www.Thetransitionnetwork.com - life choices for women over 50

www.mwhodges.home.att.net the Grandfather Economic Report – excellent!

This is a collection of easy-to-understand **picture-reports** to increase awareness of certain **threats to the economic future & freedom of families and their children, compared to the past** - - on family income, debt, savings, government spending, education quality, social security, regulations, taxes, inflation, energy, foreign trade and exchange, voter turnout, trust, national security, and health care.

Many visitors call this the '**mother**' of **resource centers of economic & education issues and trends** every family and student should understand about today, compared to the past. Regularly updated as a free public service.

Living On Purpose After 50

Mary Lynne Schoenbeck, MA, RPCC, NCCC

Ms. Schoenbeck is a Co-Founder of the Third Age Network, a group of Greater Bay Area career professionals dedicated to helping people 50 + explore their life options, design and implement plans for purposeful and satisfying lives. She retired from Stanford's Career Development Center and projects with Stanford's GSB, School of Engineering, and School of Education. Currently, Ms Schoenbeck sees individuals and groups in her career counseling and coaching practice in Los Altos.

Los Altos, California

650-964-8370

Schoenbeck@mindspring.com