

Designing the Rest of Your Life

Most people between ages of 50 and 70 start thinking about the last third of their lives. Some must work past the standard retirement age of 65, while others have more freedom and financial flexibility. However, everyone wants the next part of their lives to be filled with energy, engagement and meaning.

Here are a few examples of people who have worked with Design What's Next¹:



Randy felt he was tied to his job, although he didn't like the work and didn't need the money. Through our work together, he was able to free himself. Here's what he said: "Between the last two sessions, I sat in my cabin and felt the 'shoulds' falling away from me. I feel freer now than I ever have in my life."

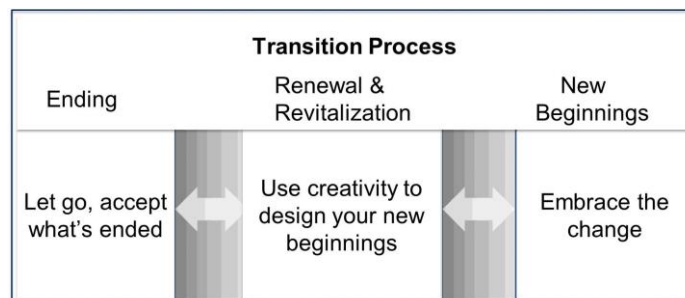


Mary says, "As a middle-aged woman, I was not looking for a wholesale change in direction. The exercises in Design What's Next were useful and purposeful. Tom helped me feel safe sharing a personal story and then helped me extrapolate a greater truth about myself. . . The insights, probing questions and empathetic ear were all served up with a sense of humor that made the process fun."



Bob, who taught marketing technology at a university, wanted to do something more creative in his next stage. A Design What's Next workshop helped him rediscover his passion and talent for designing Japanese gardens.

To make the transition from being stuck to embracing new beginnings, you have to undergo an emotional and behavioral transformation that ensures a successful shift to your new circumstances.



To create [*Design What's Next - Tools for Transitions*](#), founder Tom Sadtler built on research and courses at Stanford University, Harvard Business School and the University of Pennsylvania. The program helps people address the challenges of transition by helping them gain insights into activities that give meaning and value to their next phase in life. The process focuses on six elements – relationships, finances, health, play, lifestyle and work – to help you create a life full of energy, engagement and meaning. Our coaching and workshops help you let go of what's ended or ending, guide you in your journey to identify new directions with energy and engagement, and help you create a plan to get there.

Program participants can expect these outcomes:

- Increased clarity of vision about your future options
- Understanding your motivations, strengths and weaknesses
- A life design for what's next for you
- Tools for ongoing life design and problem solving

¹ Client examples are real, but disguised to protect client confidentiality.

Biography



Tom Sadtler has 30+ years' experience as a business executive and psychiatric social work. His approach to coaching is distinguished by a deep compassion for people and an understanding of how leaders succeed.

As president and a founding director of [Forgiveness International](#), he leads forgiveness and reconciliation training workshops in South Africa, Colombia and the U.S. These workshops help people free themselves from their bonds to the past so they can move on with their lives.

Tom's professional experience includes serving as VP of Marketing at HP, where he grew the worldwide solutions business by 23% per year. As VP of Marketing at CA Technologies, he drove the marketing strategy and plans for a \$450M division. At the MIT Media Lab, Tom increased the sponsor retention rate by 73%. And early in his career, he was a psychiatric social worker, directing ambulatory mental health programs for the Cambridge Hospital Department of Psychiatry.

Tom has a BS, in psychology from Tufts University, an MSW from Boston College and an MBA from Harvard Business School.

Contact Tom at Tom@DesignWhatsNext.com