

**Marie F. Guedenet, M.S.W.
Retirement Coach**

The LifeOptions Program

The LifeOptions Program provides a personal, practical, and relevant self-portrait of the overall lifestyle needs of persons who are contemplating a transition from their current full time work into some other lifestyle that they themselves can be fully invested in designing.

The LifeOptions Program is designed to assist participants to make the best decisions and formulate the most life-giving plans.



The LifeOptions Program has three components:

1. The Assessment: The LifeOptions Profile.
2. The Companion Book: *What Color is Your Retirement?*
3. Classes with Lifestyle Insight & Involvement Exercises as well as powerful questions for specific goal setting and "next steps".

1) *The LifeOptions Profile* is a 99-item educational assessment instrument that covers 20 separate lifestyle and attitudinal factors that are arranged into six sub-sections, or what are called "life arenas." The Profile is taken over the internet and generates a 10 page personal document that gives short descriptions of each of the 20 factors that are applicable to that particular participant.

2) *What Color is Your Retirement: the LifeOptions guidebook to discover, plan and live your retirement dream.* This 170-page, proprietary book is written by Richard P. Johnson, Ph.D., and used exclusively as an adjunct, supportive document for the LifeOptions Profile. It cannot be purchased separately from the LifeOptions Profile.

3) *Two formats to choose from:*

5 classes- 90 min each- **OR** -7 classes- 60 min each-

The first class is different from the others: it is not a group meeting, but a 30 min individual session with Marie Guedenet. It also includes the LifeOptions assessment taken on-line, the 10-page report, and the guide Book "What Color is Your Retirement".

The following classes are given in a group setting. These classes will be given either on the phone or in person. The Decision will be made by the coach, according to the preference of the Majority of the group.

**Call Marie at 301-797-9226
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