



The Athena Wellness Podcast
Episode 180 – How to Prepare for a New Life Phase with Denis Wuestman
February 8, 2023

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[00:00:05] Kathy Robinson: Welcome to *The Athena Wellness Podcast*, the show that invites you to take a seat around the community fire and listen to stories that inspire. I'm your host, Kathy Robinson, author, coach and founder of Athena Wellness, a company that's dedicated to supporting you on your journey to live more wholeheartedly.

[00:00:30] Kathy: Today's episode is brought to you by The Athena Wellness Academy, your resource for wholehearted living.

The Academy's featured offering is an online course called, *From 'Type A' to 'Type Be,' How to Mindfully Descend the Corporate Ladder and Invite What's Next*. This course is perfect for you if you're contemplating or navigating a professional transition, and it's available as a self study or with a small cohort of students facilitated by me, Kathy Robinson.

To learn more, I invite you to go to [AthenaWellnessAcademy.teachable.com](https://www.athenawellness.com) or click on the link in the show notes.



[00:01:21] Kathy: Hello and welcome. Thanks so much for joining me for this shortened Wellness Wednesday episode, a little midweek boost to help keep your Warrior Vibe high.

Today I'm joined once again by retirement coach Denis Wuestman. During this discussion, Denis shares some advice for those who are planning a new life phase and the importance of getting clarity on what matters most.

As I've previously mentioned, Denis has generously offered five listeners of this podcast a free retirement assessment. That includes a mini-program of key areas that are associated with a successful retirement transition, along with a 90-minute session with Denis to discuss your results. It's a \$200 value and no further obligation is required. You can email him for availability. I'll put links to Denis' website, along with his email address, in the show notes.

And now onto the show. I hope you find this conversation helpful.

[00:02:29] Kathy: Once again, I'm joined by coach Denis Wuestman. Welcome back, Denis.

[00:02:34] Denis Wuestman: Thank you very much.

[00:02:36] Kathy: So Denis, I'm thinking about the listener who wants to get out of the traditional standard job and transition into something that they really love to do. What advice would you give them?



[00:02:48] Denis: They have to really figure out, in my mind, what is important to them. There's a lot of self-reflection that goes on in these areas. In my view, it's understanding what it is they want and start understanding how their values correspond to that. They need to do some exploration. They need to not be afraid to do some research with these things, too. So they have ideas, they need to pursue them.

Now I'm talking about anybody at any age. As you get to retirement, it becomes a little bit trickier. You're talking about people who are looking to do something else with their lives. I think if you're true to those values that you have and they work for you... You also probably want to build some criteria around what it is that you're looking for and how important that those things are to you.

Let's say for example you wanted to change your career and you wanted your career to be more flexible, you wanted to make X amount of money, you wanted to work in a different environment. You only wanted to work and use these particular skill sets but you really can start to understand what's most important to you. So it's that deeper reflection and what you're bringing to the table for others.

Networking. Oh, wow. And this is just not reaching out to people and looking for jobs. It's about learning how to do this in a way that you're not only providing value for yourselves, but that is a two-way street, you're also providing and making an honest and authentic connection with somebody else. Networking is a lifelong job. The stronger your network is the easier it is to carry that forward with you as you're getting into a life transition.



So I think networking is critical. I think understanding what your values are, understanding what your priorities are and what your wants are, are critical for people to make that.

And depending on what you have, if you're working full-time obviously that's a disadvantage that might give you the opportunity to really start exploring some things. Maybe try something as a side gig, try it out, see whether you like it before you decide whether you want to make that your life's work.

Retirement is a little bit different because they are moving away and they've made the conscious shift-- at least the clients that I have-- made the conscious shift that money is not as important. There's a difference. The people where a lot of money is important to them have to look at this a little bit differently and just practically than people who are saying, "I want to still continue to work." They're looking to find their life meaning in their work And many people who are transitioning to and to a different career.

On retirement, they're looking for more of a balanced life where they spend a certain amount of their time doing certain things and they don't want to work as much anymore. It's just a different cohort in respect.

[00:05:47] Kathy: I love the idea of thinking about values. When you get quiet you spend a little bit of time. I knew early on I wanted three things in my next phase. I didn't call it retirement, I called it next phase. I wanted the business to be lucrative, like this wasn't a hobby. I really wanted to create a business that was part of the



challenge. I wanted it to be portable to be able to work anywhere. I didn't want to have to be reporting to a specific place on a specific day. And then I wanted it to be creative. So that's huge.

But as you're talking I realized we start to put these things into a sieve, if you will. Everything goes in and you start to shake and a lot of the excess comes out. And what's left, I think, gives you the beginnings of what you can start to work with.

So those three things were hugely broad, but then I looked at, to your point, on creating a portfolio, what were some of the things that I was interested in. And I'm looking at my bookshelf and everything happened to be on wellness.

And that puts you on a search to say, "What can I do in the wellness field?" And you start to be able to weed things out and explore things that you didn't even know existed.

So I love this idea of *portfolio* because sometimes it's not an answer. Sometimes it's multiple things that you will explore, and do bits and pieces of, and create your own way of creating a life post-structured career.

[00:07:20] Denis: Yeah, you used the word portfolio, and I think that's a very interesting way to look at one's time. The process you went through is one of where you started to create those filters for yourself. Looking at the bookshelf, what am I reading and what are my interests? That's what I mean about the reflection people have to take. So spot on, I totally agree with you. And give yourself that space.



The other thing I find helpful, Kathy, is when people say, "I want more flexibility, I want to be more creative." I ask them, "What do you mean? Write that down." I'm very big on people writing down for themselves because that's how most of us learn. We stare at it. What does it mean? How does that feel?

They have to define some of those things because then it becomes clear to them when they start making choices, going, "Hmmm, that doesn't meet that." And by the way, they're going to be trade-offs. But if you're clear about what it is, if you have clarity about what you're really looking for, I think it really helps.

[00:08:27] Kathy: And it's funny Denis, I was giving you credit for the word portfolio. I guess I listened to you and I wrote it down. So thank you. [laughs]

[00:08:34] Denis: I didn't say it. You did.

[00:08:38] Kathy: There you go. But to just quickly follow up on your point on clarity. I think that gives you the ability to weigh opportunities that come your way and say, "Is this hitting more of the things that I want to do versus something..." There's so many things we can do. But I think post-corporate is a time to think about, "What do you want to do?" If not now, when?

So I love that idea of the clearer you can get in your own mind and heart, the easier it is to evaluate what comes your way and say *yes* or *no*.

[00:09:16] Denis: Well said. You discover and reflect.



I only use three things: Discover, Clarity and Confidence. I believe that's what the journey is about. And then keep doing it.

[00:09:29] Kathy: And live a rocking life. Let's do that!

[00:09:31] Denis: Yeah, let's! You know, Kathy, it's so important what you're saying and the journey you went through and the journey I-- the journey we both went through coming out of corporate is something a lot of people who come from where we come from should be thinking along those ways.

I feel bad if people drift when they get there and they just go, "I'm just going to do this," and then the two years go by and then they look to go back to work because they don't know what else to do. If people had just taken a little bit of time to be more deliberate and more intentional around that then maybe they would just have a smoother ride. They might be enjoying it and open themselves up to things they don't even know about.

[00:10:15] Kathy: I would add that the world needs their talents.

[00:10:18] Denis: Yes. Wow. And that's an understatement, right? Yeah, we do need the talent. There's a lot of people out there that can offer an awful lot if we give them the opportunity.

[00:10:28] Kathy: Very good. Well I'm glad you're out there, my friend, fighting the good fight, helping folks with the transition.



And again, I will link up everything in the show notes. And thank you so much for your time. I really appreciate your insight and sharing that with our listeners.

[00:10:41] Denis: Can't tell you how much it's been a pleasure doing this today and getting to know you. And what you do is so valuable. I sincerely mean that. I love what you do and I'm glad we had time today.

[00:10:52] Kathy: Same here. Thank you so much, Denis. Appreciate it.

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[00:10:56] Kathy: Thank you so much for joining me today. I know there are many ways you can spend your time. Thank you for choosing to spend it with me. Until our paths cross again, be kind to yourself and show your Warrior Spirit some love.

If you know anyone who could benefit from today's episode, please pass it on. And many thanks for supporting the show by subscribing and leaving a review. It means a lot and it helps others find their way to our circle.

If you'd like to access the show notes, have a question you'd like addressed on a future episode, or would like a transcript of this episode, visit www.AthenaWellness.com/podcast.

Until next time, be well!

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[00:11:58] [END OF AUDIO]