

Planning Your Career vs. Waking Up in Retirement and Wondering How You Got There

Presented by Joyce Heames and Lynne Richardson

SBA Summer Workshop 2024

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Exercise 1: Think Ahead and Backtrack Your Plan

Think about the approximate age at which you might want to (or plan to!) retire. _____

What role would you want to hold at retirement (e.g., President, Provost, Dean, Faculty, Consultant)?

Thinking in 5-year increments, what would be the role you would hold immediately prior to your retirement role? _____

And what role would be before that? _____

For the young(er) people in the role, what role precedes the one above? _____

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Exercise 2: Plan Your TO-DO LIST

Given what you stated as the role you wanted to be in at retirement and the role(s) you need to be in prior to that, list 2-3 items for your TO-DO LIST so that you can move forward. What can you accomplish **by September 1st**?

1.

2.

3.

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Exercise 3: Identify Your Accountability Partner(s)

Having someone to hold you accountable for your TO-DO LIST will be helpful! Who, either here or elsewhere, will you ask to work with you in achieving your September 1st items? And you can have more than one!

1.

2.

Exercise 4: Assess Life Roles and Goals (to be completed later)

Think about what is important to you. What kind of impact do you want to have and to whom?

What (Who) brings you joy?

Think about your various life roles (e.g., employee, partner, parent, community member) and how much time you currently spend on those roles. How much time do you want your FUTURE SELF to spend on these roles?

Current Role	% time spend now	% time desired in 5 years
1.		
2.		
3.		
4.		
5.		
6.		

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Thank you for attending today. We hope you will PLAN your career! Here are additional resources to consider:

The Power of Engagement (Loehr and Schwartz)

The Art of Extreme Self-Care (Richardson)

Why CEO's Fail (Dotlich and Cairo)

Ask for It (Babcock and Laschever)

My Answer is NO—If That's OK with You (Gartrell)

Women Don't Ask (Badcock and Laschever)

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Let us know how we can help you in your career journey! We are here for YOU!

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