



LIFE TRANSITIONS

When something ends, something else has to take its place.

Life transitions are often described in terms of beginnings: retirement, a new career, an empty nest, a move, a new relationship, a different role.

But transitions actually begin with an ending.

Something that has been familiar - sometimes for decades - changes or disappears. A role ends. A routine changes. Relationships shift. The way we spend our time changes. Even the way we think about ourselves may no longer fit quite as well as it once did.

That space between what was and what comes next can be exciting. It can also be surprisingly complicated.

Change and transition are not quite the same thing.

Change is what happens. Transition is how we adjust to it.

A person can make a change quickly - retire, leave a job, move, end a relationship, become an empty nester - but adapting to the new reality usually takes longer. Even changes we choose and welcome can involve a sense of loss. When change is unexpected or unwanted, the transition can be even more challenging.

Retirement Is More Than a Financial Event

People may spend years preparing financially for retirement and considerably less time preparing for the rest of it.

Work provides more than a paycheck. It can provide:

- Identity and a sense of competence
- Colleagues and social connection
- Intellectual stimulation
- A sense that other people need us
- Daily structure and routine
- Recognition and responsibility
- A reason to get up and get moving
- A familiar answer to "What do you do?"

When work ends, some people immediately enjoy the freedom. Others discover that retirement feels more disorienting than expected. Many experience both.

Questions begin to emerge:

- Who am I when my professional role is no longer at the center of my life?
- How do I want to spend my time when no one else is structuring it for me?
- What gives me purpose now?
- How do my relationships change when my daily life changes?
- What do I want these next years to look and feel like?

Those are not simply retirement questions. They are transition questions.

Other Transitions Can Raise Similar Questions

Career change or professional reinvention
Relationship change, separation, or divorce
Becoming a caregiver
Moving or downsizing
Life after caregiving

Leaving a long-term role or organization
Becoming an empty nester
Changes in health or independence
Changing family responsibilities
Reconsidering priorities as we age



Sometimes there is a clear event. Sometimes the transition begins with a quieter realization: “I’m ready for something different. I’m just not sure what that is yet.”

How Today Transitions Can Help

Transition coaching provides a place to think before rushing toward an answer. Together, we can explore:

- What is actually ending or changing
- What you are losing - and what you are gaining
- Which parts of your identity you want to carry forward
- How routines, relationships, finances, health, and responsibilities affect your choices
- What matters most at this stage of life
- Possibilities you may not yet have considered
- What you want more - and less - of in your life
- Practical next steps that feel realistic and meaningful

There is no formula for a successful transition and no predetermined definition of what your next chapter should look like. The goal is to help you create one that feels like yours.

You Don’t Have to Know What’s Next Yet

Not knowing can be part of the transition. You may need time to let go of one version of life before you are ready to define another. You may experiment, change your mind, reconsider priorities, or discover possibilities you could not see at the beginning.

That is not wasted time. It is part of figuring out what comes next.

Clarity for what comes next.

A conversation is a good place to start.

Request a complimentary 20–30 minute introductory Zoom conversation.